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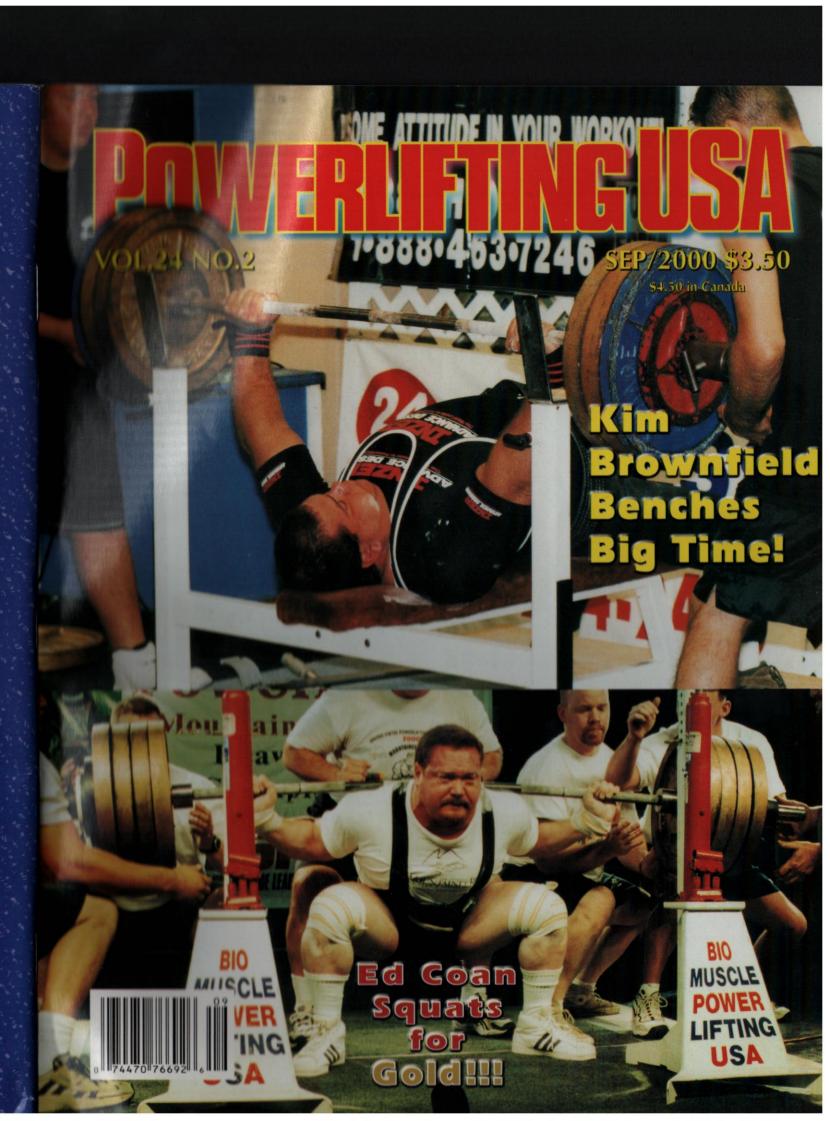
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ON THE COVER.... Kim Brownfield benched 612 at the WABDL Nationals (courtesy of Gus Rethwisch) and Ed Coan (below) won the \$10,000 prize at the Mountaineer Cup event (Burnell)

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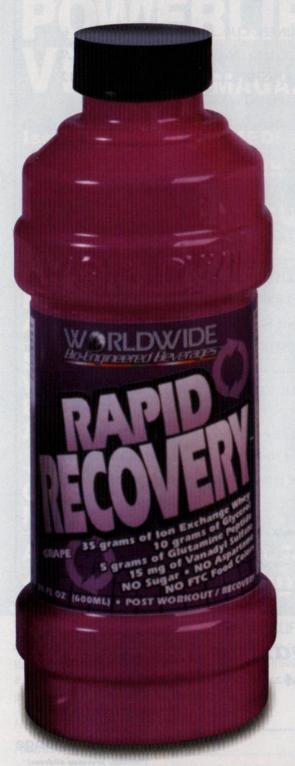
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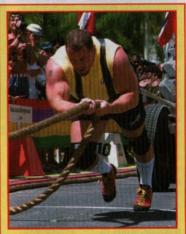
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The Mountaineer Race Track and Gaming Resort in Chester, WV is located about 50 miles from the Pittsburgh, PA airport. The USPF Seniors was staged at this location on June 24-25th and it was held in conjunction with the Mountaineer CUP II, an open tournament where a ten thousand dollar check was the incentive for the highest total. Fans came from near and far, with the draw of the great one himself - Ed Coan - who has the highest legit TOT in History - 2463 lbs. at a mere 242 bwt. The promoter was Nick Busick, a former law enforcement officer who may be best known for his portrayal of a pro wrestling heel called "Bully Busick" back in the early eighties. He guit the WWF afterwards to pursue other business ventures and to enjoy watching his kids grow up. Nick hit an 1818 TOT as far back as April '85 as a 242, and he could regularly bench in excess of 500 lbs. Nick's 18 year old son Bob is quite an athlete himself. He just graduated from high school, and at 6 foot, 235 lbs., he won the WV State High School Wrestling Championship. Last year he was a member of his school's undefeated football team that captured the AA Division State title. Nick is a great public relations man. He and his crew of diligent workers went far and above the call of duty to extend special courtesies to athlete and administrator alike. I should hope that everyone showed their appreciation by thanking Nick. His red carpet treatment made every-

one feel like a V.I.P. The competition was held right across from the race track. If you wanted to play the horses you could place a bet and cash in if you were lucky. TV monitors gave a clear view of the race itself, or you could look out the window and watch the race live. There was the gambling casino in the resort which featured nightly live entertainment. The bar offered free cokes to all the clients and customers



Susan Rinn with 308 (Herb G.)

USPF Senior Nationals and the Mountaineer Cup No. 2

astold to Powerlifting USA by Herb Glossbrenner

of PL celebrities, including: Vince Anello, many times Senior National & World Champ, who presented a free seminar peak performance. Vince brought his 81 year old mom as well as his African parrot, which he kept hidden away mostly due to the "no pets allowed" rule, but mostly because the bird has a broad vocabulary of expletives - taught by mom!. The big behemoth Willie Williams drove the 450 miles from the far end of the state and brought wife Christina to observe. At 161 she's officially done 300 this year. Coupled with Willie's 720, they make the strongest husband wife BP duo on the planet. Doug Furnas. who totaled 2400+ 13 years ago before embarking on a 10 year prowrestling career, was an hand to assist his old buddy Coan, as was Captain Kirk Karwoski - IPF World Champ and thousand pound squatter. What a surprise it was to see old friends Daryl Johnson and wife Toby, who is a top notch referee and Daryl, who was one of the very first Master lifters in the World to SQ 600 over the age of 60. On hand Sunday to watch the Cup were Westside Barbell Club's powerful duo, Rob Fusner and John 'Chester" Stafford. Rob was fresh from his victory over Dave Barno at the York Spectacular. There Fusner hit a fabulous 2335 TOT via 905, 700, 730. The cherubic Stafford hit a deep 875 SQ there and has officially BPed 585 and DLed 790! PL USA feature writer Marty Gallagher was on hand to support Coan. Late arriving was Peter Thome, former USPF President, in the loudest Hawaiian shirt I've ever seen. Jan Shendow proved his resilience driving all the way from Utah. Enough rambling, on with the lift-

The lifting events attracted a lot

USPF Senior Nationals: Women Ann Leverett, perennial champ from Savannah, GA brought along teammates Amy Orellana, and red headed Linda Christopher. Ann wished she had flown instead of driven, as she found her back in quite a kink! Lightest in the meet at 96 lbs. Ann had no trouble SQing 270, but got stuck arising with 286. It was a good 165 BP for Ann. but 176 twice wouldn't cooperate. With two good DLs (325) she chalked up another National title with a 760 TOT. Amy Orellana captured the 105 class without opposition. She used a super close hand grip while SQing. Her 231 1st SQ was good.

Sullivan is a Coan discovery at Quads Gym in IL. Max, who bears an uncanny facial resemblance to LA Lakers superstar Kobe Bryant, pulled 500x5 on a dare the first time he ever touched a weight and



Mike Danforth did everything well. (Herb Glossbrenner photograph)

Two tries at 259 weren't. A 275 2nd attempt DL gave her a victory. Susan Rinn from Texas powered through a 319 SQ, with a narrow stance, then tried 336, which didn't go. Her 220 BP, 2nd attempt, showed a reserve of power. A 303 pull assured her the 123 victory with an 843 TOT! Linda Christopher missed some big SQ & DL increases due to inexperience. She'll do much more in the future and got a nice runner-up finish here.

Men - Vladimir Rubin got the most out of the lifts he tried to take the 114s. Martin Siska was tall and lean as a sapling tree. He got a lot of family support, and was the 132 winner, but he able to won't remain in that class much longer. Robert Nosek, @ 141, was the sole 148 entrant. His SQ opener was a stumbling block. On a repeat it was good, and then he took a jump to 369 for a success. Three solid benches led to 275. He pulled 441 sumo style, and did 452 also, but beat the down signal, I believe. Mark Frankovich was too strong for Jeff Wohlfahet in the squat and deadlift. Jeff won the BP battle 248 to 242, but Mark won the 165 lb. class war 1080 to 992. Five contested at 181. Jerald Fisher of Topeka. KS needs major SQ work. His BP was his best event with 314. He finished in 6th. Two young marines stationed at Quantico, VA base slugged it out for the two higher positions. Steve Battista is Keith Garber's commanding officer who ORDERED Steve to do PL with him. Both men got 501 DL PRs. In 3rd was Matt McCase, at 175. He rode the crest of a great wave - a 9 for 9 day - 501 SQ. 352

BP, 523 DL, 1361 TOT. Max

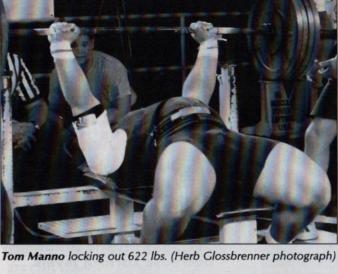
forgot about his bodybuilding ambitions. Max sailed right through all his lifts: 595 SQ, 402 BP, 606 DL 1603 TOT. Mike Danforth of Maine was the outstanding lifter for the whole competition and won the 181s with a brilliant 10 times bodyweight performance. Mike was solid: SQing 639 and 672, but he rocked back on his heels with 688. He benched 418, then 441, and 452 as well, but they didn't give him the benefit of doubt on his last lift. Mike finished the day in a frenzy, pulling 644, 688, and finally a hard fought 705 - TOT 1818. His final lift I thought was the most impressive of the whole meeting!

The 198 class had the biggest entry list with 7. Striving to get a handle on the competition, Pat Tessaro, after SQing 617, leapt way up to 672 - missed - then went to 688. Unfortunately he severely injured his leg and was forced to withdraw. He was in a full leg cast, afterwards, limping around in a world of hurt. The brothers Magnone filled the two basement positions. Vince, the lightest (188) gave away a lot in the bigger lifts. but he outbenched his brother - so there! Bob Hayden used all 3 tries to justify his 551 opener. He was only 5 back of class leader Alan Haga following his big 424 BP. Haga dunked all 3 and had a big 628 under his column. Hayden's mere 479 DL ended his medal hopes. Haga delivered a 352 BP, and then pulled a 523 DL on his final effort TOT 1504. This assured 3rd. Joe Norman from Jacksonville, FL succeeded with 551 for his SQ opener. He risked two attempts at 584 that didn't bear fruit. Joe

settled down and succeeded with

his remaining 6 lifts. With his 584 2nd DL he tied Haga's 1504 TOT. but Alan was in 2nd as lighter. With one last ditch effort Norman went to 595 - success. The 198 Winner proved to be Theodore Linn of Norfolk, VA. His 2nd attempt 595 SQ was followed by a risky miss at 655. Ted's 341 BP didn't distinguish him, but his pulling prowess certainly did. His 573 opener assured a medal, then 617 sealed his win. He followed this with 628 for a 1565 TOT. At 220 James Thomas token

lifted for fun and ended up in third place because he could. Jan Siska Jr. was listed as a guest, otherwise he'd have gotten the 2nd place that Thomas had. Chris Billings sacrificed two SQs with 650 and didn't try a 3rd. On top of his game was Jason Burnell of Hercules, CA. Jason missed only his SQ opener and had a fine day, registering a 705 SQ, 435 BP and 644 DL for a 1785 TOT. Jason seemed so pleased with his performance that he didn't mind losing an INTER-NET BET with Tim "The Tiger" Bruner. At 242 William Fetty came just to bench. He put a 589 in his column, and even gave the big Sixer a one way ride. Robert Busick took time out from his driving duties to pick up 4th place. The lift-off between Lester Estevez and George Tsougaralis was a real barn burner. Evenly matched in SQ, George finished out 584 on a 3rd. Estevez took 573 for an opening lift. He gambled he could do 622, but that didn't transpire. The Greek taxed his limit with 396 and couldn't press 413. Estevez made up for his two wasted squat tries by ramming up 446. That put him 39 up going into the DL. Lester put all of his attempts in the affirmative column (600) - TOT 1620. Tsougaralis went for the silver medal on his final try. Actually there not medals for awards, but rather some attractive clock plaques. George forged into 2nd place by raising 633 perfectly.



Estevez got 3rd. Allen Barja came right out of the woodwork. He proved his three lift ability in a big way here! Barja got a fine 722 SQ. This set himself up for an monster BP. He did just that on a 3rd attempt with a crisply executed 600.7! Allen didn't stop there, as he ripped up all three of his deadlifts (656) -TOT 1978. At 275 Mike Brookman was just out there to have fun and get 3rd place. Randy Boyntan balanced out with a 1719 TOT. He was staying within spitting distance of leader Deron Rogers. Rogers hunked up all his SQs and got a big 738. He BPed 402. All Boyntan could muster in the DL was 600 so Rogers lifted 672, 711, and 727, which he delivered with authority TOT 1868. The 308 class looked to be a sure thing for 303 lb. Keith Southwood. He dunked 666 and almost got 688. Keith worked his way up to a 3rd attempt 501 BP success and was sitting pretty. Coming right in on the limit, Tom Manno stirred the crowd with a 66 lb. SQ; a feather light formality. Then putting his beefy arms and massive chest to work Tom effortlessly shoved up his 600.7 BP opener.

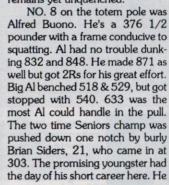
Someone must have slipped him some Kryptonite because big Tom couldn't quite lock out 622 on both tries. Then as part of the requirement, Tom came and pulled a token DL (253). This turned out to be Tom's lucky charm hoist. Southwood, the winner, came out and missed all three of 600 DL tries. MANNO IS USPF SR. NATIONAL CHAMP OF AIL THREE LIFTS. Is this amazing or what? In the SHWS, Tony Saunders, the biggest man of the two day event, decisively blew defending champ and boss hog Al Buono right out of the water in what must be considered a major upset. Tonuand Al were both in the Mountaineer Cup, which I'll expand upon later. Tony is as friendly as a gigantic pound puppy and exudes an aura of piece and joy. A special thanks goes to meet emcee David Hale, 42, of Parkersburg, WV who did a splendid job keeping the audience enthused and informed. He's now doing Chiropractic School in

MOUNTAINEER CUP II: An 11 man field participated in this year's Mountaineer Cup II. It was a showcase of beef and brawn in

with the nationwide attention, there was an even greater incentive. The winner would take home a huge cashier's check in the amount of \$10,000 for putting up the highest total at the right place and right time. The runner-up would receive a check for 2 grand. Two contestants were eliminated early. Art LaBare, 38, from Costa Mesa, CA has a lot of raw power and came in bigger than ever at 288. Art's used to the luxury of the Monolift and he had difficulty walking out of the racks setting up. The bar slipped from his back on his 760 opener and hit the deck with a tremendous thud. He steadied and blew away his repeat. To stay with his competition, Art jumped to a big 848 - less than his best - but he failed it. He powered up his 529 BP tries but a tad crooked and they were not accepted. Also failing to finish up was Yugoslav champ Milan Jovanovich, 30. In his hometown of Nish, PL is the #1 most popular sport. Back there, the former basketball player with a 31 PPG average is a National hero. He won the WPA World title early this year in Lancaster, PA. Milan got off to a guick start SQing 749 and 771, before getting pinned with 804. He BPed 463, but missed a PR 490. His 661 DL tapped his limit and he was out of the competition. The 9th place finisher, Tim Bruner, gave away a lot of weight to his competitors, scaling 253. Tim appeared to be in his best shape ever establishing a PR deep 755 SQ. He had 777 almost up too, but the spotters grabbed while he was still slowly grinding his way through his sticking point. He got his 3rd over but he'd already tapped his reserve. Tim got a 485 BP, and narrowly failed 496. In the DL, he opened with a light 661 and went to 705. He started his pull and aborted it, hobbling off and holding his side. He'd pulled a lat, and was walking more cockeved than usual the rest of the stay. His TOT was 1901, but since he'd wanted 2000, we know Tim will not retire because his thirst remains vet unquenched.

front of the ESPN cameras, a long

awaited revival of PL on TV. Along





220 lb. Class Winner Jason Burnell with friends Ed Coan, Doug Furnas and Kirk Karwoski (Herb photo)

(article continued on page 74)

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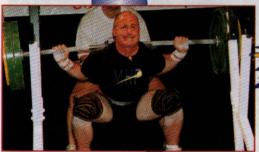
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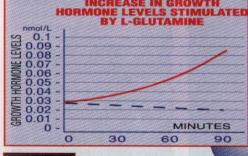
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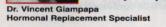


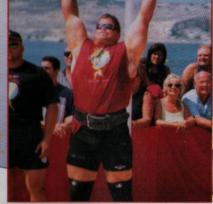
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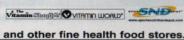
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APF Senior Nationals Pt. 2

as told to Powerlifting USA by Herb Glossbrenner



275 Class Winners ... (I-r) Robbins, Nichols, Levario. (Glossbrenner)

full force on his chest. Today got his shirt seated well and smoked 474 and 507 and finally blew up 518. looking good for as much as 529. Urchik, much improved in the BP, got all 3, duplicating the PR he'd made 3 weeks earlier at a tune-up meet in Aurora, IL. Subtotals read: Urchik - 1449, Muratori - 1383. Both men subdued 683 openers in sumo-style. Muratori's stance was ultra wide. Paul's 722 2nd round pick gave him 2166 and the certain victory. Dennis ripped up 722, a 2nd attempt, for 2105 - a PR. He went for 755 on a final try. It was going up well until his hand popped loose. Counting the lifts Dennis almost got would have made this a real barnburner. Regardless, we have a strong USA 1-2 punch for the WPC Worlds

A heartwarming tribute took

place at this meet when all the APF

women paid homage to two of their

recent dearly departed - Dawn Reshel and Tamara Grimwood.

Both were trailblazers of the sport,

reaching levels of excellence hith-

erto inapproachable. The unity of powerlifting family displayed itself

with a moment of silence, all heads

bowed a final farewell to two golden

souls called home before their time.

Paso, TX is a Mary Ellen Jerumbo

discovery. He switched over from

bodybuilding to PLing and has been

at it for just six months. His progress

in such a short time reveals tremen-

dous potential, and he is hooked on

the sport. An opening 672 SQ

showed effort. He stayed down twice

with 705. Jim displayed good BP

prowess with a 452 (2nd) and a

strong try with 479. His 600 DL

2nd gave him a 1725 TOT and 4th

place. Afterwards his eveballs were

red as cherries from the exertion.

Matt Kroczaleski, 27, from Big Rap-

ids, MI had, in early Oct., registered

725, 425, 660 for 1810 - a good

result. He tacked no less than a

whopping 152 lbs. on that result

here. Matt began with 760 and

squatted it easily. Next - 782 - a tad

shy, and not approved. He then

dipped into his "Polish Power" re-

serve and gave his final go - 810 -

the works! He hit his depth and

struggled up. This time 2 whites -

good lift! Matt didn't slack up - BP:

a success with 479 and 501 also.

then he failed a final attempt with

507. He missed, but then made

650, which gave him a great 1962

TOT. He wanted to crash the 2000

barrier and went for 688. It didn't

go, but he grabbed a well deserved

bronze medal and made a big im-

pression on everyone in his APF Sr.

National debut. Paul Urchik, now

40, of Southgate, MI had his eyes

set on his 4th Srs. title. He would

not be denied. Paul had no problem

hitting good depth with a safe 865

opener. Dennis Muratori. 34. of

Huron, OH, began with 821 easily. Next he duplicated the 865 that

Urchik lifted for his 2nd lift for 3

white lights. Urchik, despite the tie was lighter man, and had two left.

He elected to try 903. It was diffi-

cult, but he sank it and stood for 2W. Muratori answered the chal-

lenge with the same 903 - his 3rd.

With his wide hip lock stance he

descended low, reversed gears and

ground to completion. Everyone

was cheering, but, no, only 1 white

light. Urchik had chosen 936 for his

last lift, thought better of it, and

cancelled his attempt. Muratori had

BP demons to exorcise. He es-

caped serious injury when at Cal-

gary last Nov. 518 slipped and fell

242s - James Keller, 28, El

It was a moment to cherish.

275s - Five contested for this year's championship title. It is now necessary to qualify for the Worlds at the Seniors. There is no bye for defending World Champs. Defending 275 champ Jon Grove stayed away. Chris Taylor, 27, of Elmont, NY had finished 3rd last year @ 242 with a 2000 TOT. Smartly, he quit starving to make that class weight. and came in here heavier and bigger. Unfortunately, Chris's big tries wouldn't go. He SQ'd 672, but twice failed 722. In his pet lift, he opened with what he finished with last year - 617 - and easily pumped it. Two PR tries @ 656 wouldn't cooperate. Neither would his 688 DL attempt. A 1940 TOT had Chris chastising himself. Seems he'd spent too much time training his teammates and did not pay enough attention to himself. A tight struggle ensued between Ed Owens, a stocky black powerhouse and Noel Levario, 26, a Frantz team member from Elgin, IL. Ed had SQ difficulties and

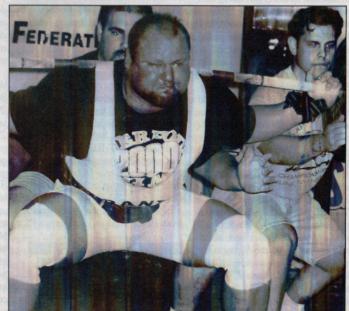
it took him three tries to

depth perfectly. Noel was a tad high on his big 810 opener, and was turned down for shallowness. He got credit on the redo and went to 865. Noel got the affirmative call, which left Owens with his work cut out for him. In the BP, Owens muscled up 501, while Levario was credited with a 507 on his second round. Noel, whose weakness is his DL, raised but 617, then couldn't elevate 661 on two tries. Owens, a good puller, had to repeat his 738 opener - a costly error. He went to 749 and got it up. It was a good lift, but left him 11 shy - 1978 for 4th place to Levario's 1989 for the

Shelby Robbins, 30, from Tuscaloosa, AL captured the runner-up position in this class for the second consecutive year. He also showed major improvement. Shelby's biggest chore was making weight. He fired off three good squats in rapid order: 733, 815 and finally a PR 848! Shelby rammed up all his benches: 501, 545, then 562, with nary a doubt. He DLed 661 and 694 cleanly to TOT 2105 and establish two more personal bests. Having achieved his goal he eased up just enough on his final 705 pull. He's on the team. Bill Nichols, 42, Naperville, IL

returned to the national scene and took the Seniors title two years ago. taking over right where he'd left off a decade earlier. Bill's the maestro of using tight fitting equipment. With platform savvy and finely tuned skills, he uses great technique to get the most from his enormous strength. Testing his groove, Nichols began at 881, but it was a bit shallow. Knowing he needed more weight to get down, he went to 914 good this time. A final lift with 953 was so precise and easy it prompted me to shout "981", figuring he'd take an extra attempt outside the competition for a PR as well as a Masters WR. Bill wanted to save his strength; and focused on his BP. A 479 opener went, followed by a missed 501. He found his groove and it popped right up on a final effort. With his patented ultra wide dive style sumo DL he hit 705 & 749 perfectly. His final at 782 was out of position;. Result: 2204. He's our hope to bring USA a gold medal this Fall in Vegas.

308 - Tom Skiver, 34, from Cadillac, MI, a 700 bencher tested his versatility and hit a 3rd attempt 705 SQ. He opened big in the BP his bread n' butter lift - 650! Three times it started up strong, but lost momentum and stalled midway. Skiver is a surprisingly good DLer having done 766 officially, but we



register his 727 lift - and he hit his Craig Gallo of Ann Arbor, Michigan mastered the 308 pound class.

enormous SQ potential. Joe Avigliano, LALC leader, volunteered to call Tom's depth. Tom opened with 903, sat way down, and then came up. Everyone thought it was in, but 2R (2 red lights) appeared. His repeat was clearly shallow and a do or die third saw his belt pinch his ribs - and he aborted the try. Tom was out of the competition. His expletives leaving the platform caused Maris to flip her wig (figuratively speaking)! Buy the meet video and draw your own conclusions. (It's available from Dan DeFelice, 19641 Voiland, Roseville, MI 48066-1192 for \$39.95 which includes both days action). John Schrenkel, 25, Lorain, OH, who we'd seen in action @ SHW last year came in @ 308 took 3 tries to finally get his 755 SQ, and then made BP & SQ openers for 1829 and the bronze medal. Russ Barlow, 40, has best official lifts of 880, 600, 804 (that's 2284!), so he was a genuine threat for the top spot. Russ's 771 squat dropped into the slot. He went on to attempt 815, and then 832, but they were nixed by the judges. He was right on the money with his benches, topping out at 562. Following a 738 DL opener to assure runner-up, he jumped big to 799. It was almost there, but was not quite locked out. His TOT of 2072 was not what he'd wanted. Winning his first Seniors title was Craig Gallo, 28, from Ann Arbor, MI. Craig was the surprise '98 WPC World Champ. He was 3rd that year at Seniors and got his golden opportunity to represent USA in Graz, AUT because the top two finishers at the Seniors in Northbrook couldn't go. Craig was a squat master - barreling through his lifts: 881, 903, and finally 931 which earned 2W. Craig repeated his 501 opener to get the nod of approval, then missed his jump to 545. In the DLs, he hit 705, and 733, just missing a 771 PR try. TOT 2166. Craig will face his old nemesis - Turtianen of Finland - in Las Vegas. In him and Russ rests our hopes.

didn't get to see it this day! Tom

Waddle, 35, the beer case tosser

from Columbus, OH, possesses

SUPERHEAVYS - An outstanding group of Superheavies provided a thrilling climax to the APF Y2K Senior Nationals! Kevin Holshuer, 29, Frazeysburg, OH came in at 6'7", 337 lbs.; he still can add more muscle to his frame. I predict he'll be one of the best in a few, short years. He had a great 8-9 day in his first Seniors appearance. Kevin missed his 733 SQ opener, when it was called for depth, but made no more errors after that. He repeated and finished with a strong 766. He made all 3 benches (551) and made



Big Garry Frank took this 865 over again to produce a massive total.

no misses on DL either (722) -2034 TOT. Dave Nettles, 32, from Salisbury, MD, looked like the reincarnation of the great Jim Williams, only taller. With his golden hair bleach job, he was bigger than ever at 328.7. Two years ago in Northbrook Dave had looked great going 942 - 50l - 738 for 2182 @ 308 and 3rd place. He has massive structure, with a deep barrel chest, thick shoulders and enormous thighs. David is well known for his SQing prowess and didn't disappoint! His 903 start was deep and ridiculously EZ. Then, 953 was taken way down and blasted right up - no problem. He went to 992, and sat rock bottom, but overbalanced and didn't recover. Dave pressed 507, but missed a stab at 534. He pulled 711, then 738, before a final miss with 755. TOT 2199 - 4th place this year. The medal struggle was between three true leviathans. The defending champ looked awesome. Garry Frank, 34 @ 6'3" and 368, is a high school football head coach from Baton Rouge, LA. Garry's PL

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capacities are just coming into full bloom now that his pro football career is behind him. Jim Voronin, 35, from El Paso, has a heart the size of all Texas. He's also 6'3" and tipped the scales at 388. Last but not least, was Brent Mikesell. 24, at 6'1" and 334, he hails from Spokane, WA, and is the fastest rising new Superheavy sensation in the World. He'd made some tremendous improvement since last year and was expected to mount a formidable challenge to the other two monsters. Let the first superbattle of the new millennium begin!

Frank, the reigning Srs. & WPC World Champ began the SQs at 865. He was wearing his brand new INZER RADICAL single ply polyester SQ suit. He sat and rose easily -2R (2 reds) presumably for shallowness. Voronin opened with 903, got stuck, but repeated with the greatest of ease. Frank cranked 870 low for 3W. He went to 909 for his 3rd, and was just getting warmed up. He literally buried it, rock bottom, and came right up for 3W. Mikesell meanwhile came in at 881, buried it, and rebounded like a jackin-the box. He waited out the other two and made his move. Voronin knew he needed a big SQ to stay in contention and risked 942. It was too much on this day. Mikesell took his 2nd try with 970. In Calgary,

form. Overheated, he nearly fainted. Brent had pre-meet concerns over a pec pull. No problem materialized here. Here-grooved his 540 opener properly on his 2nd try, and went to 556 - a PR - and he blew it away! Voronin looked like he was getting his 2nd wind. He mastered all 3 benches, employing his reverse grip, palms forward style. Jim switched to this style following a pec tear a few years ago and has made steady progress. He pumped up in turn 622, then back-to-back PRs with 656 and 666. GARRY WAS WARY after he had misgrooved his 650 start. He came out and smashed it up easily on his 2nd try. He finished off with an even stronger looking 677. He called for a 4th attempt outside the competition. The bar was loaded to big 711, as Frank was going for Arcidi's WPC World record set at the Hawaii record breakers 15 years ago. Frank appeared at the rear of the platform as big as a house. He was shifting from foot to foot, the energy building to a crescendo within him. The music was blaring and the crowd screaming their encouragement as he stomped to the bar. He reclined back, grasped the cold steel in his beefy palms, and took the handoff. Slowly the bar descended, touched his chest, where it paused motionless. Radar Capehart, the head ref, shouted the signal to start. With the explosion of a 10 megaton bomb the apparatus blasted like a rocket to arms length. The crowd went bananas. He had smoked it to kingdom come. Capehart, a stickler for strictness, raved about it's perfect execution afterward. Subtotals going into the DL showed it was close: Frank (1587), Voronin (1570), Mikesell (1559). The deadlift would decide who'd be champ. Voronin had difficulty. His 711 opening weight assured third; but then he missed 733 twice - TOT 2282 - once again shy of the 2300 barrier he'd hoped to bust. Mikesell's safe start @ 699 gave him 2259. Brent went straight up to 760. It was another good lift. He now had 2319 TOT - a big PR by 77 over his previous best. The silver medal was his. He had slain the giant Voronin. He tackled 782, a weight he had wanted to make for so long. He lifted it right up as well - 2342! What a day. Brent had

he'd made a gut busting deep 942.

He sat deep and came up easily.

This caused a stir throughout the

audience. For a final lift he went for

1003. I never expected the lift to

look so easy. He took it 2-3 inches

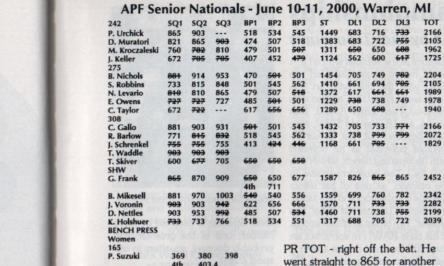
deeper than necessary and came

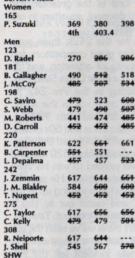
up quickly. Outside of Coan I've

never seen a half ton handled with

as much authority. He actually

looked good for 1025. Red as a beet, Brent was helped off the plat-





stewed beforehand. He was tired and hot from the road trip with me in the limousine from the Detroit airport. If you could have seen those thick, nasty looking calluses on his palms, you would have said that he danced with the devil and won. He figures that they help him hold the bar on the hand where he has a finger missing from a childhood incident. Frank, not willing to take any foolish risks, came out for his DL at 826. It came up with the greatest of ease. He had 2413 - a

came. He hauled it right up to completion and held it for a bit longer than necessary to prove he was the true Master of Might. His TOT - an astronomical 2452 - was also a WPC World Record. He's within 11 of Ed Coan's ceiling. If you consider Garry's 4th attempt BP- his output for the day was 2485!! What an ending to the Seniors!

competition best to exceed the

859 he'd successfully raised last

year. At near lockout his left palm

tore rather badly and he dropped

it. Everyone thought he was done.

As a rule Garry is good for just two

deadlifts. Most men would have called it quits. Garry is no ordinary

man. He worked himself up into a

near frenzy, applied the magne-

sium powder to his bloody palm,

and with the staccato strains of

GOI DBFRG's theme music blar-

ing in the background. With the

crowd yelling their support, the

noise was deafening. He stormed

out like a madman, stooped and

grasped the bar. With a mighty

swoop he dipped, straining every

muscle in his body to its maxi-

mum capacity. With his enormous

pull, the bar literally jumped from

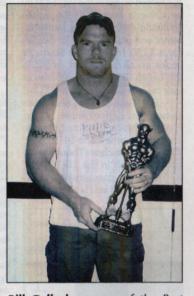
it's place on the platform. Up it



Kenny Patterson took the 220s with a ponderous 661 lb. bench press.



Paula Suzuki crashed the 400 lb. barrier in the bench for a female!



Bill Gallagher - one of the Best Lifters in the Bench. (Glossbrenner)

Thanks to Dan DeFelice, his wife Renata, and all of the Motor City Barbell Club who worked so long and hard to make this such a great spectacle. This is the 6th APF Seniors I've covered and I won't hesitate to say it was by far the best I've witnessed. Dan's club defeated the Frantz Sports Center to capture the best team trophy honors! The judging was top notch this year with very few debatable decisions. Gold, silver and bronze medallions were the prizes. In the future it might be more acceptable not to have two referees from the same club judging their lifters on the platform at the same time. Late news flash: I'm told that Matt Zweng has retired. This was his last competition. He's sold his home in Michigan and moved to Georgia where he'll being going to Chiropractic College. We'll miss you Matt (tremendously) and good luck always. This means that Chad Hammond will move up to fill the vacancy at the Worlds. Train hard Chad, we know you will be a great team representative! I must also mention Grant "The Count" Elias of Motor City Pro Wrestling, who helped at the emcee table with Dan. APF BENCH PRESS COM-

PETITION - Highlights: Paula

Suzuki, 32, from HI was sensational for the women. On a 3rd attempt weighing 161 she did 180.5 (398) for a 165 WPC World record. This topped Debra Erney's 391. On a 4th Paula did 183.0 (403.4) for the heaviest BP ever by a woman at any bodyweight. Bill Gallagher won men's light outstanding award with 518 @ 181. This would've been a nation leading lift at 181 except for the 525 on May 27th by Donnie Robbins of WV at Mountain Festival BP meet in Bluefield. WV. Saviro won 198s with 523. Webb made the World Team also and was 2nd with 479 in this class. Kenny Patterson was tops in the heavier classes with a 3rd attempt success with 300 kg. (661.4) @ 220. Yes, you read it right Kenny is now down to 220 and he now holds records concurrently in 3 wt. classes: 728 @ 275, 700 @ 242 and now 661 @ 220! This lift beat the former record of 657 held by George Halbert. Zemmin hit 644 @ 242 to win with Blakley in 2nd just to qualify. Taylor's 617 topped this 275 class with Kelly 2nd. He's on the team also. Nieporte got a 617 PR at 308 before partially tearing a tricep with a 644 try. Shell was 2nd. Brandenburg was dismayed that he didn't get the 600 he'd made in training following a 99 lb. jump from his 501 2nd!

Next year's APF Seniors will be hosted by the Joe and Nance Avigliano of the Los Angeles Lifting Club in Burbank, CA. Come to sunny California and have a time you'll never forget. I'll promise you that it very well might be the greatest meet you've ever attended. How's that for incentive? See you in Las Vegas, for the AWPC Worlds followed by the WPC Worlds. November is closer than you think. Stay strong.

For the past three years, York Barbell has put on one of the greatest strength spectacles since its original Summer Picnics held between 1940 and 1972, and this Spectacular was the best one since the event's resurrection in 1998. This year's event encompassed the IPA World Powerlifting Championships, the Bob Hoffman Strongman Challenge, the annual York Barbell Hall of Fame Induction Ceremony, a strength seminar by Louie Simmons of Westside Barbell, and an Olympic Weightlifting demonstration. These four events brought together some of the greatest names in Powerlifting today, as well as some alltime greats

This year's event was different in that it was one week earlier, and this year's full schedule made it necessary to extend the event one extra day. More athletes competed in the IPA World Championships this year than in the past two years, and the crowd enjoyed a playing field of 40 strongman athletes.

The schedule for this year's spectacular ran as follows: Thursday, June 15 included all Women and Teenage, and Men's divisions up to 198 lbs. Friday, June 16 included the Men's divisions 220 lb. and 242 lb. weight classes. On Saturday, Louie Simmons started the day bright and early with a full class for his educational strength seminar followed in the afternoon by the Men's 275 lb., 308 lb., and SHW divisions. On Sunday, York Barbell proudly inducted five of powerlifting's greats into the York Barbell Hall of Fame, which was followed by The Bob Hoffman Strongman Challenge, and an Olympic Weightlifting demonstration by renowned coach Leo Totten.

Thursday, June 15: As usual, this year's IPA World Championships saw the Teens, Women, and lightweight men up to 165 lbs. hit the platform on the first day's morn-

IPA World Championships

as told to Powerlifting USA by Nick Tsourounis

ing session. This year's first session wowed the crowd as some incredible talent lifted in this group. In the Women's division, several all-time world records were smashed. Shannon Pole-Summers cleared the platform, going on to win the Female Teen Best Lifter Award and the Amateur Female Best Lifter Award! She broke all the records in the Teenage and Elite Amateur Open with a 450 lb. squat, 280 lb. bench, and 350 lb. deadlift for a total of 1080. Best Pro Woman, Amy Weisberger from Westside rewrote the record books in the Pro 132s bu benching a huge 300 lbs., while squatting 440 lbs. on a fourth attempt and pulling a 440 lb. deadlift for a 1155 total. Karen Sizemore broke an all-time world record in the bench. She benched the most ever by a female lifter with 405 lbs!

The Teen division also made some stellar performances. Robert Henning broke the squat, bench, and total records in the 14-15 year, 275 lb. weight class. There was an exciting match in the 18-19 year, 275 lb. weight class between myself and Carl Dorr. I was within striking



Carl Dorr II with a 625 deadlift.



Karen Sizemore benches the all time biggest bench for women - a 405! (all photographs courtesy of Kelly Sports Video Productions)

distance at the subtotal with an IPA world record squat, but Carl ran away with the title with an IPA world record deadlift. Carl also won the Best Teen Lifter Award. Ben Brand, an 18-year-old SHW, may have bombed out, but shows incredible potential as he bombed with his opening bench, which was 450 lbs.! The most impressive in my opinion, as one of his fellow teenage competitors and as a judge, was that of 18-year-old SHW Tim Musser. Tim broke all of the records in his class RAW! I'm sorry, but an easy 700 lb. squat raw as a teen is nothing short of phenomenal. He even tried 750! Put that with a 405 bench and 565 deadlift for a raw total of 1670! And he is also one of the nicest young people you will

ever meet. As for the lightweight men who lifted on Thursday, there were some very impressive performances. By far the greatest show was put on by Pro 148 lb. champion, Doug Heath, who also entered in the master's (40-44) division. Doug squatted a world record 625 lbs., benched 430 lbs., and pulled 510 lbs. for a record 1565 lb. total. This is phenomenal for a 148 pounder, let alone a master 148 pounder. His tremendous performance earned him this year's Pro Open Lightweight Best Lifter. Brian Crowe totaled a world record after nearly bombing in the squat. It took him until his third attempt to get one in, and it was a gut-busting 595 lbs. His performance earned him the Men's Open Amateur Lightweight Best Lifter Award. In the 198 lb. class. Pro competitor Paul Statzer squatted a huge 800 lbs. on his way to an 1800 1b. total. Also impressive was Ryan Martucci. Ryan just turned 20 and he already broke the squat record for the juniors, which was a butt-on-heels 585 lbs., and that while weighing a very light 183 lbs.! Keep an eye on that young man!

Saturday featured all of the 220s and 242s take the platform. Amateur Open and Submaster champion Greg Simmers squatted an IPA record 740lbs, on his way to a 1680 lb. total. Pro 220 lb. winner Bobby Fields went 715 550 635 1900 to win his class. Stan Chatis broke every record in the 60-64 age group, 220 lb. weight class by going 475 310 525 1310 to claim the Amateur Master Best Lifter Award. Honorable mention also goes out to Amateur 220 lb. competitor Spencer Delisle. Spencer made his platform debut by winning his class, after recovering from a torn pec that sidelined him for quite some



Louie Simmons squatted 920 lbs.

time. Spencer is coached by Dave Nettles, one of the greatest, and probably deepest, squatters in our sport today.

As for the 242s, there were quite a few great competitors, but the majority of attention was directed at the great Louie Simmons. Louie, lifting in the Pro 242 lb. class, was on a roll in the squat, where he finished with 920 lbs. This is a man in his mid 50s closing in on a grand in the squat! Unbeliev able! He also benched 520 lbs., and he looked primed to win his class before disaster struck. He pulled a hamstring while warming up in the deadlift, and came out to pull a token 255 just to total out. Too bad. but I don't think we've seen the last of Louie, not by a longshot. This unfortunate incident left the Pro 242 lb. class title up for grabs, which was claimed by Shawn McDonald with an 1890 lb. total. Also impressive was John Black, Jr. He broke several records in the Elite Amateur and Pro Masters (45-49) divisions by going 740 330 570 1640. The Amateur 242 lb. title, as well as the Open Amateur Heavyweight Best Lifter Award, was won via a world record 750 lb. squat which went towards an 1865 lb. total by Donnie Thompson. Rob Capozzolo, also in the 242s, came just to bench. Rob got his 560 lb. opener, but two tries with 600 lbs. just wouldnt go.

The Saturday session, which took place right after the Louie Simmons Strength Seminar, was jam packed with excitement as the big boys took the platform. In the 275 lb. class, the Amateur Open division was won by Michael Olmo via a world record 780 lb. squat and an 1830 lb. total. As for his Pro counterparts, the title was won by Milo Mills, with a great 795 lb. squat, 520 lb. bench, and a big 815 lb. deadlift for a 2130 lb. total. Second to Milo was Don Bailey, who put on a monumental performance. Don was second in the Open Pro division, and first in the Masters (40-44) Pro, with an IPA world record 950 lb. squat. This

earned Don the Pro Master Best Lifter Award. Watch for Don to break the 1000 lb. barrier soon, and as a master no less! Honorable mention for this class goes out to John Bott. John injured his knee in the squat and was unable to continue. We all wish John a speedy recovery and hope to see him on the platform again soon.

The open amateur 308 lb. class was also won by a master competitor. Richard Safreed (40-44) made a great comeback to the lifting platform just over a year after he blew his tricep by winning the Amateur Open and Master divisions with a Master record 1900 1b. total. In the saw two lifting greats go head-tohead. Rob Fusner from Westside Barbell versus Dave Barno, who made his comeback from his devastating injury to both his hamstrings at last year's IPA World Championships, and, more recently, a bicep tear. With all his injuries repaired, Dave jumped to an early lead, squatting 950 lbs. to Rob's 905. Dave also came up with a huge 1000 lb., but got turned down on depth. Rob countered in the bench by gaining entrance to the 700 lb. club. Rob won with a 730 lb. deadlift, while Dave pulled a 775 lbs. Dave could have won with his third attempt 825, but it only made it to his knees.

lbs. to 2325 lbs., as well as the Open Pro Heavyweight Best Lifter Award Adding to the excitement in this class was Mary Teter with a 930 lb. squat. As for the SHWs, the big story was, yet again from Westside Barbell, Mike Ruggiera. Mike blew away a 975 lb. squat before barely, just barely, missing 1020 lbs. Throw that together with a 530 lb. bench and an 805 lb. pull giving Mike a 2310 lb. total. With the story told, it was a great weekend. Probably the best IPA meet yet. It was the smoothest, fastest running meet I've been to. And the Strongman Challenge was great also. Many thanks to everyone who helped. This in-

special thanks to the following: Damian Corradini for sitting in the head judge's chair for three days straight. Jim Yates for keeping everything in order on the platform, Brian Hall, Floyd Powe, and Louis Jennell for judging, Mike Bernardon for his service as the Master of Ceremonies for the Hall of Fame Induction Ceremony, Mary Teter and Ken Sellers for their help in the Strongman Challenge, William Powell. for his great job on the microphone, and to Ellen and Mark Chaillet for all their effort in putting together one of the greatest power events around. If I overlooked anyone, my apologies and thanks again. ope to see all of you next year!

425* 1155*

525* 1310

185* 590

550 1515

ting was more than e weekend's show of st Teen: Carl Dorr II,

d Run Gym Powe

Open Pro 30	8 lb.	class,	the cr	rowd	This gave	Rob th	ne vic	tory,	2335	cludes all spo	otters	and lo	oaders.	And	Hope to se	ee all o	f you	next	yea
IPA Wor 15-17 J					242 D. Pusey	400	315	525	1240	D. Bailey M. Stuchiner	950 660	405 460	640 620	1995 1740	148 D. Heath	625*	430	510*	15
Female Teen	UI4 U	0-10	ik, 17	TAKE.	275	400	3.0	1.0	The same of	S.Nelson	700	325	600	1625	275				**
AM					M. Wilson	525	345	500	1370	M. Pelers	520				D. Bailey	950*	405	640	19
SHW					Pro					J. Bott					45-49 AM				
Pole-Summers	450*	280*	350*	1080*	275			****	4040*	308	905	700	730	2335	181				
Male Teen					Z. Hudak	700*	450	660*	1810*	R. Fusner D. Barno	950	600	775	2325	S.Middleton	425*	305*	425*	11
AM					Men's Open					M. Teter	930	550	685	2165	198				
14-15					AM 148					M. Morgan	800	600	700	2100	J. Sylvia	650	300	580*	15
275	4754	305*	380	1160*	J. Gengo	425	310	510	1245	P. Toms	865	475	740	2080	220	V I BOOK		THE P	HOLD.
R.Henning 16-17	475*	303	300	1100	165					P. Childress	850	520	700	2070	B.Haggerty	285	180	370	83
198					B. Crowe	595	425	570	1590*	B. Youngs	840	455	655	1950	242	620	380	570	15
M. Furman	500	330	575	1405	181	CI LICENS				J.Sefcik	830	440	630	1900	P. Simpson 275	620	300	3/0	13
220					W. Powell	440	315	480	1235	T.Forbes Jr. J. Stafford	880 875	470			J. Bechtel	605	375	550	15
J. Pierce	400	325	535	1260	F. Warner IV	365	260	480	1105	SHW	0/3				EAM	o allie	le die		
18-19					M. Bartley	650	435	550	1635	M. Ruggiera	975	530	805	2310	242				
148	375	265	435	1075	R.Munn	575	385	580	1540	M. Smith	875	605	755	2235	J. Black Jr.	740*	330*	570*	16
P. Curley 220	3/3	203	433	10/3	D. Fields	590	370	525	1485	R. Yitts	850	585	765	2200	Pro				
R. Cohn	425	250	365	1040	T. Reumont	555	375	540	1470	B. Mimnaugh	900	505	735	2140	242	740*	330	570	16
275					S. Kerschner	470	400	530	1400	J. Willoughby	780	440	700	1920	J. Black Jr. 50-54	740	330	370	-
C.Dorrll	660	405	625*	1690*	B.Lentz	560	290	500	1350	Men's Submaster					AM				
N. Tsourounis	660*	380	550	1590	B. Anderson	505 460	360 360	465 480	1330 1300	148					198				
SHW				*****	E. Wise P. Kirstner	375	225	450	1050	J. Monk Jr.	460*	285	440	1185	R. Trowbridge	425	300	460	11
T. Musser	700*	405*	565*	1670*	220	3,3		450		165					275	HEIM			
B. Brand Women's Open	650				G. Simmers	740	380	560	1680	S. Shanebrook	510*	315	410	1235	B. O'Brien	450	325	425	12
AM					A. Johnson	500	365	550	1515	L. Altschuler	410	280	380	1070	Pro				
114					C. Smith	525	370	480	1375	198		205		1540	SHW M. Taylor	600*	360*	540*	15
J. Faraone	175	155	175	505	M. Ferlito	450	285	475	1210	R.Munn	575 590	385 370	580 525	1540 1485	55-59	000	300	3.0	
	4th	160*			242	750*	430	685	1865	D. Fields T. Reumont	555	375	540	1470	AM				
181					D. Thompson R. Davton	740	385	640	1765	E. Wise	460	360	480	1300	220				
J. Smith					D. Moore	640	405	620	1665	220					R. Rood	550	355	520	14
198 J. Yuster	265	140	265	670	D. Beversdorf	700	405	540	1645	G. Simmers	740*	380	560	1680	60-64				
EAM	203	140	203	0.0	R. Smith	640	430	560	1630	A.Johnson	600	365	550	1515	AM				
SHW					J. Walk	630	360	600	1590	J. Pedigo	650	315	550	1515	S. Chatis	475*	310*	525*	13
	450*	280*	350*	1080*	R. Tonini	575	430	565	1570	275	570	380	520	1470	65-69	7/3	3.0	3.0	
Pro					M. Watts	625	420	525 605	1570 1565	J. Groff M. Darrah	700	300	320	14/0	Pro				
114					J.Manley P. Simpson	575 610	385 380	570	1560	SHW	,00				181				
J. Davis	325	180	395	900	M. Brown	620	405	500	1525	D.Oyler	755	380	680	1815	W. Ortiz Sr.	270*	135*	185*	59
132	415	300*	440*	1155*	275					M. French	590	340	635	1565	Police				
A. Weisberger 4th	440*	300	440	1133	M. Olmo	780*	420	630	1830	Pro					AM				
148					A. Walker	500	405	580	1585	220		***	***	1515	181 W. Powell	440	315	480	12
M. Jacobson	325	256	355	936	T.Gianotti	600	370	570	1540	J. Pedigo 242	650	315	550	1313	198	****	3.3	-	
	4th	258*			J.Groff E.Martin	570 505	380 315	520 535	1470 1355	K.Emery	600	420	515	1535	R. Munn	575	385	580*	15
SHW		***	***	1245	M. Darrah	700	313	333	1333	308					E. Wise	460	360	480	13
K. Sizemore Women's Submas	525	405*	415	1345	308					J. Sefcik	830	440	630	1900	220				
AM	ster				R. Safreed	805	470	625	1900	SHW					A. Johnson	600	365	550	15
181					C.Eckroth	635	420	6450		B. Mimnaugh	900	505	735	2140	242 B. Calhoun	615	435	575	16
K.Phillips	315	190	360	865	K.Miller	600	345	535	1480	Men's Master					K. Emery	600	420	515	15
Women's Master					J. Bernier	625	335	500	1460	40-44 AM					275				
AM					SHW D. Oyler	755	380	680	1815*	165					K. Lightner	525	475	600	16
123	225	120	255	610	C.Earhart	615	425	600	1640	G. Ruth	475*	255	425	1155	A. Walker	600	405	580	15
J.Novik 198	225	130	233	010	EAM					L. Weibley	450	235	400	1085	308	020	440	630	19
J. Yuster	265	140*	265	670	308					181			400	****	J. Sefcik T. Forbes Jr.	830 880	470	630	
Pro					J. Ford	745	380	645*	1770	F. Warner IV	365	260	480	1105	SHW	000	4/0		
148					Pro					F. Piermattei		340			M. Miller	680*	480	520	16
M. Jacobson	325	256	355	936	148	625*	530	510	1565*	198 J. McDowell	635	315	455	1405	Thank you lifte	rs for su	pportin	g York	Bart
4th attempt total				938	D. Heath 181	023	330	310	1303	R.Miller	385	250	415	1050	Strength Specta	cular and	d the Int	ernatio	nal
Men's Junior					D. DeWalt	430	350	530	1310	220					erlifting Associa	ation. Th	e lifting	was m	ore
Am 148					198					K. Phillips	550	390	500	1440	impressive. You				
E. Adolph	405	275	475*	1155*	P. Statzer	800	475	525	1800	R.Harvey	500	300	550	1350	strength SPECT. Best Female Te				
165	-				K. Ferrara	710	350	650	1710	242		405	(201	1665	Amateur Fema				
J. Wood	450*	345	415*	1210*	220				1000	D.Moore	640	405 435	620* 575	1625	Professional Fer				
181					B. Fields	715	550	635	1900	B. Calhoun 275	615	433	3/3	1023	Amateur Open				
L. Einfalt	500	380*	550*	1430	R.McDonnell	775	445	670 630	1890 1835	A.Walker	600	405	580	1585	Men's Professi	ional Op	en Ligh	tweigh	nt: E
R. Benner	335	230	370	935	E. Patterson 242	725	400	030	1033	M. Harrison	500	340	460	1300	Heath. Best me	n's Amat	eur Ope	n Heav	ywe
198	-	325	450	1360	S.McDonald	685	500	705	1890	B. Thomas	455	285	510	1250	Donnie Thomps				
R.Martaucci B.Rundle	585* 430	290	540	1260	E. Clark	740	520	550	1810	308				1	Heavyweight: R				
J. Keenhold	435	275	505	1215	J. Rooney	745	450	600	1795	R. Safreed	805	470	625	1900	Stan Chatis. Bes Best Team: 1st				
220					L.Simmons	920	520	135	1575	EAM					Team; 2nd Place				
S. Delisle	535	335	580	1450	M. Cardarelli	500	400	450	1350	J. Ford	745	380	645*	1770	(thanks to Ellen				
C. Dziduch	475	335	525	1335	275	795	520	815	2130	Pro Pro	743	300	0.0		petition results				
R. Wintermyer	300	275	365	940	M. Mills	193	320	313	2130	0 0 0 0 0 0 0 0 0 0					ode Dono				Par

The York Barbell Club is alive and kicking in the year 2000. Started in the 1920s by American entrepreneur and philanthropist Bob Hoffman, York quickly became a simultaneous force in fitness and athletics. Hoffman utilized his massive disposable income, a result of his financial success in the manufacture and production of oil burners in the 1920s, to bankroll his true passion: American Olympic lifting. He began making barbells as a side venture, a way to gainfully employ his nonpareil stable of Olympic lifters that competed for his team. With the founding of York Barbell in 1938, Hoffman established a "muscle empire" that flourishes to this day -- though under a radically different corporate structure. Gone are the days of Grimek, Stancuk, Kono, Davis, Schemansky, Puleo, Garcy, March, Terpak, Dube, Bednarski and Stanko. After Hoffman's death in 1985, York went through some lean years, but fortunes revived under the leadership of Vic Standish and took a dramatic turn for the better in 1996 when York Barbell was purchased

Ex-President Paul Stombaugh, according to York chronicler extraordinaire John Fair, outlined the corporate game plan a few years ago. "We want to re-establish York as a Mecca for weightlifting, powerlifting and bodybuilding." York in

by Susquehanna Investment.

THE BOB HOFFMAN STRONG-MAN CHALLENGE & & HALL-OF-FAME INDUCTION CEREMONY

as told to Powerlifting USA by Marty Gallagher

the year 2000, under the capable leadership of President Jake Burkhardt and Chief Executive Officer Walter Myers, is repositioned, resurgent, revitalized and renewed. One need only look at the impressive plant facility and immaculate corporate headquarters to understand that York Barbell will continue to be a major player in the worldwide fitness movement for the foreseeable future. On Sunday, July 16th, five men were inducted into the Powerlifting Hall of Fame: Rickey Dale Crain, Mark Chaillet, Fred Hatfield, Mac Richards and Doyle Kenady. A dinner had occurred the previous night and was followed by a series of speeches and good cheer and this elite group of powerlifting giants shared camaraderie, while their family and friends were on hand to offer accolades and applause. A bittersweet moment occurred when Doyle Kenady's widow, Nancy, gave an inspirational ode to Dovle that waxed from emotional to poetic and in the end not a dry eye remained in the house. Ruthie Shafer preceded Nancy with

Hall of Famers ... front row, left to right, Vince Anello (1998), Rickey Dale Crain (2000), Ruthie Shafer

(1998); back row, left to right, Mac Richards (2000), Bill Kazmaier (1998), Mark Chaillet (2000), Nancy

Kenady (accepting for Doyle - 2000) and Dr. Fred Hatfield (2000). Photo provided courtesy Ellen Chaillett.

a reflective remembrance of her fallen coach that recounted his incredible ability to inspire and bring about improvement to those who heeded his iron advice.

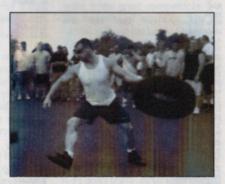
On Sunday, the Bob Hoffman Strongman Challenge took place, and both male and female competitions were fiercely contested. Jill Mills, wife of powerlifting champion Milo Mills, dominated in the tire toss and the bar press. In the

latter she blasted a staggering 200 pounds overhead. Jill weighed in at a lean and muscular 178 pounds and is one of the best female powerlifters in the world. She has bench pressed 340 and is jam-packed with gobs of functional, athletic muscle. Shannon Summers won the truck pull and Amanda Plescott captured the wheelbarrow walk, but when the dust settled Jill had easily captured the overall title. Congratula-



Jill Mills pressed 200 lbs. (Kelly)

The men's competition was di-



Vincent Cooke tossed the tire well. (Kellly)

vided into three divisions: under 199, 200-249, and over 250 pounds. In the below 199 pound division, Vincent Cook, lean and athletic, around 5'8" and weighingin at 196 pounds, totally dominated, winning every single event, the only strongman athlete to do so all weekend. This guy is the Royce Gracie of strongman competitions: he threw the tire 50.3 feet, the furthest of anyone in the competition regardless of size or division, and then pressed 260 overhead, more than anyone in his or the next higher division - and the 5th highest press regardless of bodyweight! In the 200 to 249 pound division, an anomaly occurred when Jim Duggan



Duggan pulling the truck (Kelly)

THE BOB HOFFMAN STRONGMAN CHALLENGE

Last Name	First Name	Tire Toss	TruckPull	Press	Walk	Total
Mills	Jill	3 1.3 feet	64.25 feet	200 lbs.	12.88 secs.	37 pts.
PSummers	Shannon	30.01 feet	93.6 feet	140 lbs.	82.5 secs.	34 pts.
acobson	Mary	1 8.6 feet	57.8 feet	120 lbs.	12.75 secs.	32 pts.
Plescott	Amanda	16.4 feet	60.5 feet	100 lbs.	10.98 secs.	31 pts.
Toms	Deborah	17.4 feet	51.5 feet	70 lbs.	20.70 secs.	26 pts.
Men's Divisi	ons					
Men's 199 lb	s. and below					
Last Name	First Name	Tire Toss	TruckPull	Press	Walk	Total
Cooke	Vincent	50.3 feet	16.78 secs.	260 lbs.	10.53 secs.	40 pts.
Petrides, Jr.	George	39.8 feet	19.38 secs.	240 lbs.	10.73 secs.	32 pts.
Klinger	Tony	45.1 feet	17.69 secs.	200 lbs.	13.3 secs.	28 pts.
Waller	William	39.4 feet	19.94 secs.	220 lbs.	11.05 secs.	26 pts.
Rosellini	Mike	30.7 feet	18.16 secs.	200 lbs.	10.64 secs.	25 pts.
Basile	Robert	33.8 feet	19.50 secs.	200 lbs.	11.37 secs.	23 pts.
Amadio	Anthony	32.9 feet	17.19 secs.	180 lbs.	13.69 secs.	22 pts.
Men's 200 lb	s 249 lbs.					
Duggan	Jim	41.6 feet	17.97 secs.	220 lbs.	12.03 secs.	27 pts.
tie-breaker,	wheelbarrow	walk for distar	nce, Duggan wo	n)		
Baldock	Kevin	45.5 feet	18.82 secs.	260 lbs.	12.37 secs.	27 pts.
Mann	Matthew	39.0 feet	16.50 secs.	220 lbs.	12.27 secs.	26.5 pts.
Van Bolt	Kevin	44.2 feet	17.81 secs.	180 lbs.	13.89 secs.	23 pts.
Skelly	Thomas	40.2 feet	18.53 secs.	240 lbs.	13.63 secs.	22.5 pts.
Brenneman	Butch	49.5 feet	19.15 secs.	240 lbs.	13.93 secs.	20.5 pts.
Brubaker	John	36.8 feet	17.97 secs.	200 lbs.	12.87 secs.	19.5 pts.
Zygula	Frank	38.2 feet	19.12 secs.	200 lbs.	11.87 secs.	18 pts.
Hull	Todd	51.3 feet	18.63 secs.	160 lbs.	74.6 feet	14 pts.
Toms, Sr.	Michael	32.4 feet	18.38 secs.	200 lbs.	14.81 secs.	12 pts.
Carson	Duke	29.7 feet	18.37 secs.	160 lbs.	20.53 secs.	7 pts.
O'Connor	Kevin	37.7 feet	18.97 secs.	160 lbs.	16.06 secs.	5 pts.
Men's 250 lb	s. and above					
Last Name	First Name	Tire Toss	TruckPull	Press	Walk	Total
Sheedy	Paul	41.6 feet	16.22 secs.	340 lbs.	14.20 secs.	39 pts.
Mills	Milo	38.5 feet	17.56 secs.	260 lbs.	12.48 secs.	32.5 pts.
Parcolay	Bruce	34.1 feet	17.44 secs.	260 lbs.	22.80 secs.	24.5 pts.
Godack	Anthony	28.7 feet	18.18 secs.	300 lbs.	15.25 secs.	23 pts.
Petryszak	John	32.2 feet	17.94 secs.	280 lbs.	19.06 secs.	21 pts.
Ford	Brendan	29.5 feet	19.0 secs.	300 lbs.	18.37 secs.	19.5 pts.
Kulp	Greg	27.0 feet	17.78 secs.	200 lbs.	17.50 secs.	16.5 pts.
Ford	John	29.3 feet	18.56 secs.	160 lbs.	16.37 secs.	14 pts.
ames	John	25.1 feet	19.50 secs.	240 lbs.	18.03 secs.	9.5 pts.
Sourounis	Nicholas	23.8 feet	19.38 secs.	240 lbs.	23.07 secs.	5.5 pts.
Graver, Sr.	Thomas	19.7 feet	19.84 secs.	160 lbs.	26.98 secs.	0 pts.
Ratchkoskie	loseph	33.1 feet	17.91 secs.	220 lbs.	scratch	

weight to some competitors.

Wow - take the rest of the

week off Milo! Jill, give that

man a serious back rub! What

a husband and wife team

these two make - does there

exist a stronger duo in the

Barbell 2000 Strength Spec-

tacular weekend came off

without a hitch. The lifting was timely and run with per-

fect practiced precision. Nary

Overall the whole York

country? We doubt it.

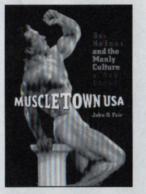


Paul Sheedy in the wheelbarrow walk.

did not win a single event, but captured the overall title with his balanced performance. In the heavyweight division former national powerlifter champion Paul Sheedy crushed the competition, winning the first three events outright: the tire toss, truck pull and 2 inch overhead bar press. Paul weighed 340 pounds and simply manhandled every apparatus placed in his path. He pressed 340 pounds; light-years better than anyone, the next best being 300 pounds. Milo Mills, the patriarchal half of the Mills & Mills strongman squad, walked off the lifting platform the previous day (2nd place), slept a few hours and then put in one hell of a showing on Sunday at the Strongman Competition. He won the wheelbarrow walk and took second place in the heavyweight division, this despite giving away 50-100 pounds in body-

a pause or deadspot. The Strongman segued seamlessly into the York Barbell Hall of Fame Induction Ceremony and put a fine ending day's festivities. Sunday got underway with the strongman (and woman) competition and the mood hit a high note at the bittersweet induction ceremony - it's always tough to honor a fallen warrior. The boys got psyched-up and revived the whole mood that afternoon. The event was finished off with an

excellent Olympic lift demonstration by Coach Leo Totten and some top Olympic lifters. The camaraderie was impressive and the organizational planning and execution flawless. All in all, the entire York Strength Spectacular must be considered one of the nation's premier events of its type. Kudos and Hosannas for the organizational wizards behind the whole event: Mark and Ellen Chaillet. See you next year . Marty Gallagher



The response to our offer of the book MUSCLETOWN USA by John D. Fair has been overwhelming this insightful examination on the pervasive impact of Bob Hoffman and the York Barbell Club on today's Iron Game triad of Bodybuilding, Olympic Lifting, and Powerlifting, is as revealing

as it is entertaining. The foundations of our sport obviously had some cracks, but the bedrock of our origins was just as obviously vital, resilient, and impossible to keep down. This is a book that you will be compelled to read from cover to cover. (432 pages, 70 illustrations) Paperback edition is \$23.50 plus \$4 shipping and handling per book. (Hardbound version - \$65 plus \$4 S&H). Send orders payable to Powerlifting USA, Box 467, Camarillo, CA 93011.

International Powerlifting Association "Lifting for Lifters"

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High School and Special Olympics \$15 Registration Fee: Adult \$25 ~ Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman. Payment can be mailed to: IPA, c/o Mark Chaillet, 2536 Eastern Blvd., #515, York, PA 17402

The scene is the World's Strongest Man Finals in Tangiers, Morocco in 1998. Under the baking sun the second event in the final is

the Truck Pull. Three trucks are linked together making a combined weight of 20 tons and thirty long meters separate the start from the finish line. A great field of athletes had qualified to attack the trucks and they would finish the event in this order: 2nd Samuelsson, 3rd Kiri, 4th Ahola, 5th Zylstra, 6th De Bruyn, 7th Girard, 8th Pfister, 9th Veneberg and 10th Philippi.

The scene changes to a year later at the Valletta Harbor in Malta. One of the qualifying rounds is being contested and an event in the qualifiers is, once more, the truck pull. In this event the order of men finishing would be 2nd Girard, 3rd Vagadal, 4th Bowers, 5th Brown and 6th Dorer.

The subject of this article is the man who won those two truck pulls and who is, unquestionably, one of the best truck pull-

Reverse Hyper

Pro model

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The Strongmen Interviews TORFI OLAFSSON by Derek Cope



Torfi Olafsson - a huge, but agile strength athlete

ers in the world as well as being a formidable all round strength athlete. Iceland's strongest man for 3

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years, Torfi Olafsson is a huge man standing 6 feet 5 inches in height and weighing in at just under 400 lbs. With a chest well in excess of 60 inches and biceps that measure over 22 inches, Torfi is built for strongman events. What was Torfi's sport prior to competing in strongman events? Well, you may have already guessed it was powerlifting and Torfi has hit some huge poundages such as a 367.5 Kg (810 lb.) squat, a 230 Kg (507 lb.) bench and an excellent 372.5 Kg (821 lb.)

In the interview conducted for PL USA, I asked initially how he trained the powerlifts prior to when he began competing in strongman events. In answer Torfi stated that he normally

worked 12 week cycles and the repetitions would start at 5 reps and then gradually as the poundage climbed during the cycle the reps would drop down to 3s and 2s. He stated that in the off season the reps were sometimes increased to 8 in the bench press but, as a rule, he never went above 5 reps for the squat and deadlift.

Interestingly, in any 12 week cycle Torfi would only deadlift 3 times as he would become very stiff after deadlifting and wanted to avoid overtraining. This routine paid dividends for Torfi as he was able to win the I.P.F. Junior Worlds on two

Torfi's training has, by necessity, changed for strongman events. Torfi will now very rarely deadlift. but will employ snatch pulls and high pulls in his back routine along with power cleans. Lats are worked hard with lat pulldowns to front and rear along with seated rows.

This type of routine, where explosive movements are utilized, maintains Torfi's pulling power from the floor and follows the principle in previous articles in PL USA where athletes have increased their deadlift by employing varied exercises. distinct from the actual deadlift movement, in their routine.

In Torfi's preparation for strongman events the bench press is never worked, however, standing press, press behind neck, and incline bench pressing keep him strong and in condition for the events currently contested in strongman contests that test upper body strength. An example of Torfi's upper body strength is that he can press 140 Kg (308 lbs.) for 6 to 8 reps from the front or behind the neck.

Squats are still worked in Torfi's routine but the rep structure has changed to a higher count of 6-8 reps. Although a belt is used, a suit and wraps are not employed, but Torfi can still hit 260 Kg - 280 Kg (573-617 lbs.) for 6 to 8 reps in this fashion. Another movement that Torfi uses to train his legs is one that is seen relatively rarely in gyms now and that is the 'step up' with 180 kg (396 lbs.) on his back for resistance.

Cardio-vascular fitness is a must for strongmen and Torfi does not overlook this aspect of his training. Cardio training is done four times a week. Walking and running is done on a treadmill and this work, coupled with exercise on a stepping machine, is done prior to his workout with the weights. Initially, Torfi felt tired with the extra cardio work, but he has now gotten used to it. In line with this cardio work, Torfi endeavors to eat as healthily as possible and never indulges in sweets or

The result of this training is that Torfi is competitive in strongman events in both static moves and events that require movement. Proof of this was Torfi's good 2nd place finish in the Maritime Medley loading event in Malta in the qualifiers. Torfi bested excellent athletes such as Brown, Vagadal, Dorer and Bowers - all men who were lighter in bodyweight than him and who possibly had an advantage in a speed

Torfi's goals for the future are to be competitive and to win at World's Strongest Man level, but Torfi has not forgotten his powerlifting roots and stated that he would enter masters powerlifting meets when the time was right.

In closing the interview I asked Torfi whether he would like to mention anyone and he stated that he would like to pay tribute to, in his opinion, the strongest man of all time. Although Torfi recognizes the many great names in strength athletics, he felt one man rose above all others and that was the great, late Jon-Pall Sigmarsson.

Torfi Olafsson has proved that he is in the top ten of strongmen in the world at present. As noted in this article. Torfi leaves no stone unturned in his preparation for strongman contests. With his fitness and strength levels increasing look out for this huge Icelandic strongman to climb up the rankings as he continues his quest to attain the title of the World's Strongest Derek Cope

Labor Day already? Where did the summer go? If you're John Black, you might be asking where did the last quarter-century go, because that's how long Black's Health World has been around.



252-1695. J.M. Blakley was in Ohio for thirty-five years - his entire life - but he just moved out here to sunny Southern California, J.M. had been a fixture in Ohio, lifting at the Westside Barbell Club in Columbus, and competing in the first four Arnold Classic Bench Press contests.

We caught up with J.M. after he'd been out here only for a week, and made him get in the gym and show POW!ERLIFTER VIDEO what a J.M. PRESS is, and how you do it, and how many you should do, and all that, so in our next issue we'll have some great footage of that, so you can increase your tricep strength and boost your bench.

J.M. is setting up to do personal training, and he's got lots of experience and academic credentials in addition to his bench press prow-

Charis Nawrocki & J.M. Blakley in front of Gold's Gym in Venice

ess. You can reach him at 213-470-4550.

While we were shooting J.M., we met his fiancee, Charis Nawrocki, and she just competed in powerlifting for the first time, at one of Bob Packer's meets in Fresno, California, and totaled 705 at 123. Charis is a "success" strength coach for EAS, and has modeled for L.A. Gear, but her main focus now is on

her Goddess Foundation, which aims to strengthen women physically, spiritually, and emotionally. We wish good luck to Charis and J.M., and we're always happy when Southern California gets a big-time powerlifter. We want more, so any other big-time powerlifters out there, the weather's great, and there are lots of meets.

One big-time powerlifter who

Anthony Clark answering ques-

recently made it out here to Cali-

fornia was Anthony Clark, but he

was only here for a few hours, as

he spoke to a church group and

then gave a bench press seminar,

which we of course videotaped

for POW!ERL FTER Video. An-

thony is back in action, and com-

peting in Kieran Kidder's WPO

SPECIAL EDITION of POWER-

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BENCH PRESS, which is now avail

And he's in our Volume Two of

meets in Florida.

tions after his benching seminar.

able, by calling 1-800-BARBELL. Anthony's joined by follow bench greats James Henderson, Chris Confessore, Scott Werner, and Tamara Grimwood, plus footage from the last two Arnold Classics with Glen Chabot, Willie Williams and Dave Waterman competing, and lots of technique and training tips. We got a great response to Volume One, and people have been asking when Volume Two is coming out. Well, it's out.

You'll see the actual workouts of the world's greatest benchers, learn their techniques and routines. catch them in big-time meet action, and, we hope, have fun watching it. And it's only \$29.95, plus \$2.95

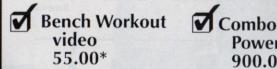
Finally, a couple of months ago we chronicled the benching exploits of our loyal reader and POW!ERLIFTER viewer Mike Blake, as he aimed to hit the 500 lb. mark. Well, he did it! Way to go Mike! At the APA Mon Valley Fitness Bench Press Classic, he hit 470 on the first attempt, and then smoked 500.

But he didn't stop there. Feeling strong, Mike went for 507 on the third, and he made that, with three white lights. He felt so good, he went for 520 on his fourth, but that was a little too much, and he got three red lights. Anyway, congratulations, Mike, and what's the next goal?

To all our readers, we wish you a 500 lb. bench (or if you're already there, then we wish you a 600 lbbench), plus a great Autumn lifting season. Be strong, and we'll see you on video. Ned Low

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Mike Blake hitting a 500 pound bench. (All photographs are provided to PL USA courtesy of Ned Low).

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165 A. Ellis 457

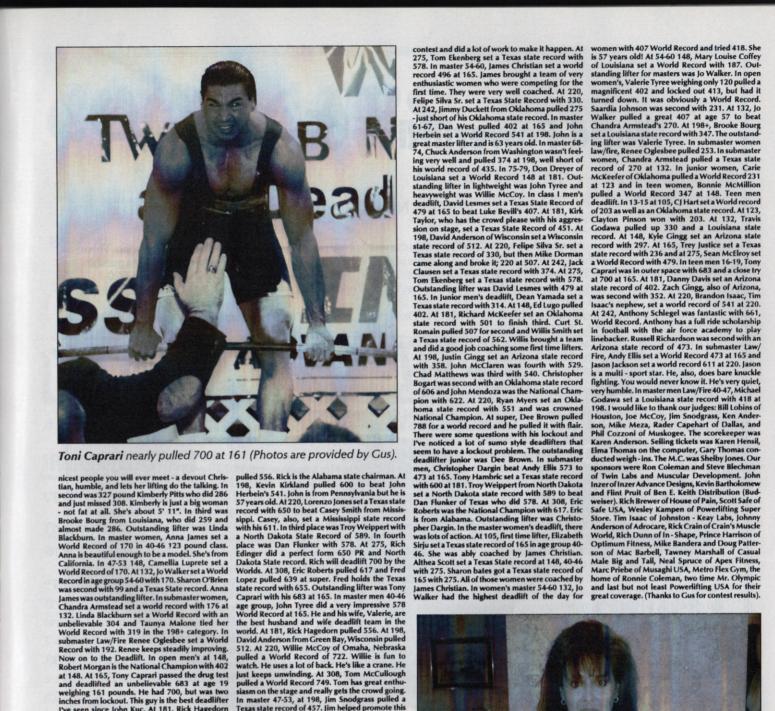
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B. Bourg	259			3. Koss 309+	462	C. Dargin A. Ellis	573 473
K. Pitts	286		369	S. Woelk	573	181	
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WABDL National Bench/Deadlift as told to Powerlifting USA by Gus Rethwisch

Texas State record with 486. At 275, Roger Eullington, who is built very powerfully, set an Arkansas State record with 462. At super, Art Ramsey of California, ramed up 551 with in great enthusiasm and won Best Lifter in masters heavyweight. In master 475, Jimsonograss push of 179, at 220, At 142, Gregory McCog pot 451. This great enthusiasm and won Best Lifter in masters heavyweight. In master 475, Jimsonograss push of 179, at 220, At 142, Gregory McCog pot 452. The 187 min 187 mi



Linda Blackburn: one of the top female benchers in the world. (Gus)



Robert Morgan is the National Champion with 402 at 148. At 165, Tony Caprari passed the drug test and deadlifted an unbelievable 683 at age 19 weighing 161 pounds. He had 700, but was two inches from lockout. This guy is the best deadlifter I've seen since John Kuc. At 181, Rick Hagedorn

yast keeps unwinding. At 308, Tom McCullough pulled a World Record 749. Tom has great enthusiasm on the stage and really gets the crowd going. In master 47-53, at 198, Jim Snodgrass pulled a Texas state record of 457. Jim helped promote this



Tiny Meeker did some massive benches. (Photo courtesy of Gus R.).



Anna James broke the World and National Records in the 123 lb. wt. class. She hit a PR with 170 3/4 lb.s bp while weighing only 116. She won BL for Masters Women (Photograph was provided by Fred James)

World Powerlifting Organization

Important WPO™ News Flash ***

If you plan on competing in the remaining two WPO (TM) events this year, please read very carefully the following information. There are a number of changes that have been made in different areas of the WPO (TM) and I will explain them as extensively as possible.

A. The Bench Bash for Cash weight classes are: Lightweight: 132-165, Middleweight: 166-220, Heavyweight: over 220

B. Women's cash breakdown at WPO (TM) Pro Division in Las Vegas: Top 5 totals (no formula) 1st - \$3,000; 2nd - \$2,000; 3rd - \$1,000: 4th - \$500: 5th - \$250

C. Men's under 220 lb. cash breakdown at WPO (TM) Pro Division in Las Vegas: Top 5 totals (no formula) 1st - \$3,000; 2nd - \$2,000; 3rd - \$1,000; 4th - \$500; 5th - \$250

D. Men's over 220 lb. cash breakdown at WPO (TM) Pro Division in Las Vegas: Top 5 totals (no formula) 1st - \$3,000; 2nd - \$2,000; 3rd - \$1,000; 4th - \$500; 5th - \$250

E. There will be \$1,000 cash bonus for any WPO (TM) World Records that are broken.

F. There won't be any equipment checks, so there won't be any confusion for the lifters lifting in both the WPC and WPO (TM). G. If a lifter breaks a WPO (TM) World Record but their equipment doesn't meet the WPO (TM) equipment standards the lift won't

count as a World Record. The lift will count towards the contest standings for the money.

The APF has been getting a lot of phone calls regarding the actual criteria that will be enforced at the WPO (TM) Professional contest held in conjunction with the WPC World's in Las Vegas at the Plaza Hotel. I will encourage the lifters to contact Huge Iron Powerlifting secretary. Gail can be contacted at any time to accommodate any lifter's questions concerning WPO (TM) / APF Huge Iron contests. The purpose of this contest is to have additional contest footage for television, introduce the WPO (TM) to the other countries and test the waters for the woman's side of the WPO (TM). I realize that not every lifter will have a shot to be in contention for the money in Las Vegas and some lifters are upset, claiming that its not fair. I urge the lifter not to get caught up in what's fair and what's not. The money has to be distributed in this fashion because sponsors are giving just enough for the Bench Bash for Cash and the WPO (TM) contest in Vegas to finish the 2000 season. Next year is the big enchilada! As I mentioned before all of next year's WPO (TM) contests will be held at Universal Studios, Orlando, FL and there will be a significant amount of money at stake by weight class and Super Open class. Remember that there will be television cameras on site filming the massive assembly of men and women iron athletes in the heat of the competition so the World can see our sport and what we, as powerlifters, have to endure.

Also keep in mind that this is an opportunity for the lifters who didn't compete in the May 20th contest in Daytona to get a taste of the WPO (TM). Most likely as you are reading this the May 20th contest will have been aired on television and if you aren't fired up about the WPO (TM), I guarantee you will be after you see the show. It is awesome, to say the least. It is "in your face" type of

television as they say in the business.

Ernie Frantz is going all out for this year's World competition. He is having state of the art technology in all areas of the competition and is working very hard to make this contest a success. He also realizes that the WPO (TM) is the future of powerlifting and invited me to incorporate a WPO (TM) contest with the WPC World's competition. ernie thought Las Vegas would be a great venue for the WPO (TM) and I couldn't agree with him more! Like I said, Ernie knows the WPO (TM) is the only way to go and is behind me 100%, as I have always been supported Ernie and will continue doing so.

Starting in the year 2002, the APF will be the amateur gateway into the WPO (TM) to be considered a Professional Powerlifter. After the 2001 WPO (TM) season at Universal Studios, you must lift as an amateur in the APF to be eligible to qualify as a pr. Some people think that I am trying to overtake the sport by running my WPO (TM) contest around the same time as the National and World competitions. I can understand how a lifter could draw that conclusion in their minds, but that isn't my game plan. The big picture is a sister amateur organization that is a WPO (TM) affiliate where the new and aspiring young powerlifters will get their start and hopefully becomes pros and lift in the WPO (TM) where they can make a respectable living. That sister organization will be the APF, which in turn will make both the APF and the WPO (TM) prosper. So those lifters who have normally competed in the Senior Nationals in the past would want to compete for money in the future. It only makes sense that once you competed for money that you would continue to do so. Then that will open the door for the up and coming lifter and there will be a whole new breed of lifters competing as amateurs at the APF National and International level to one day compete with the BIG BOYS for the BIG MONEY! So no matter what, the APF and WPO (TM) will be considered the dominant force in powerlifting from a professional and amateur standpoint. Like I mentioned, Ernie is behind me 100% and together we will strive for ultimate success so powerlifting can reach its zenith! With all the positives happening in the APF / WPO (TM) you would be silly not to lift in Las Vegas or in future WPO (TM) contests for that matter. Until now our sport that we love is absolutely nothing in today's society, but that is coming to an abrupt end fast! Sincerely Your WPO (TM) President, *Kieran Kidder*

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WRAP DESIGN!

What is good squat form? What does it take to develop a great squat? First you must develop the hips, hamstrings, spinal erectors, glutes, and abs. Without a strong posterior chain (the muscles on the back of the body), you will not sit back into the proper squat position. That's right. Sit back, never down. If the knees go forward in the yielding phase, they could hit the floor and the hips still would be above parallel.

TRAINING

How to Do the Squat

as told to Powerlifting USA by Louie Simmons



Chuck Vogelpohl uses perfect technique to squat 760 at 198. (Photograph provided courtesy of Louie Simmons).

I talk to strength coaches from major universities on how to squat. I tell them that we have 24 guys who have squatted over 800 and six over 900 by box squatting with a wide stance. Many times these coaches will reply, I like Olympic squatting. One reason I guess is that Olympic squatting is what they were brought up on. But why do powerlifters use a wider stance? Because you use more muscle, and isn't that what we're after on the sports field? Only a wrestler would find himself in the weakest joint angles of an Olympic squat. That's probably why there are no old, great Olympic lifters. Their joints are gone.

When a prominent pro-basketball coach said that Olympic squats were the best for his players and that a two-time bodyweight squat was all an athlete needs, I realized that a weak coach can produce only weak players. This coach and many like him must have a huge library and a very small weight room. Take Ben Johnson, for example. He squatted 620 at about 200 pounds. That's three times bodyweight! Football players' careers are being shortened not by the competition but the fact that they are too frail compared to 10 years ago. I saw Brett Favre come out of the locker room and squat cold with the linemen using the same weight. That's like having five quarterbacks protecting your quarterback, and that's bull.

Let's get to squat technique, starting with the feet. They should be pointed straight forward. This forces the hip muscles into play. It is much harder to break parallel because the hip extensors and flexors are put in a very strong position for flexion. Turn the feet outward slightly if you are not flexible or if you are very thick in the waist and upper thighs. If you see someone who walks with their feet turned outward, they have weak ham-

As far as shoes go, Converse Chuck Taylors are best. Don't have \$100 shoes and a 10 cent squat.

When squatting, think about pushing your feet out, not down. This will ensure that the hip muscles are working correctly. Push your knees out the entire time, starting from when you are unracking the bar. You should feel this in the hips. Next, start pushing the glutes to the rear as though you are searching for a chair that is too far behind you. Arch the lower back hard and keep the chest up. Lean forward as much as necessary to keep the bar over

your center of gravity.

To ensure correct bar placement, raise the chest and pull the shoulder blades together, to place the bar back as far as possible. This creates better leverage. However, if one carries the bar too low, it causes the lifter to bend forward, destroying leverage.

What stance should you use? Everyone should box squat with a wide stance, because this builds the all-important hip muscles. Thirty

years ago, the great Jim Williams said to train as wide as possible and pull your stance in, to a point, to break parallel at meet time. If you watch a great squat technician, vou will notice that he bends only at the hips, the knees don't go forward, and his back does not move.

While descending in the squat, never squat down. Always squat back! If you push the glutes back, the knees will not go forward. In fact, if you sit back far enough, the shins will be past vertical. This is only possible with box squatting. And it's important because this causes a great stretch reflex. Also, by forcing your knees apart, you are significantly increasing your leverage, by shortening the distance between the hip and the knee joint. If you pull your knees together, you increase this distance and create poor leverage. In addition, this is a sign of weak hip

After breaking parallel, you must first push against the bar. After all. the bar is what we are trying to raise. Unfortu-

nately, you see many lifters who push with their feet first. This causes you to bend forward into a good morning position, which is opposite of what you are trying to achieve, in addition to being dangerous. When your back bends, you are likely to miss a squat or get injured.

Most people think of squatting as a multijoint muscular action. I see it as flexion of the spinal erectors and hip flexors and slight flexion of the knees. It's much like trying to jump onto a high box; you flex as much as possible in the beginning and hope you make it. Others push gradually through the lift, just enough to accommodate the external force that is being applied.

As far as equipment, in a meet, wrap the knees toward the inside. This means wrap one clockwise and the other counterclockwise. This

helps to stabilize them. Wear a suit that allows the knees to be forced outward and the glutes to be pushed out to the rear. Don't wear straps that are too tight. This will cause you to bend over. In training, wear a suit with the straps down and a belt. This will help the technical aspects of squatting. When someone must wear full gear for 3-4 weeks before a meet, their technical skill is low.

To summarize, build the posterior chain: calves, hams, glutes, lower and upper back. Strong abs are a must. They are what you lean on to descend and push off of to ascend. Out of our top 100 squatters, four use an upright back position. That means that 96% lean forward, with - of course - a great arch. While descending, the glutes move first and the head and bar move

last. So in the concentric phase, the opposite happens. You must push against the bar first.

One workout per week must be devoted to speed (box squatting) and one for maximal effort, with a

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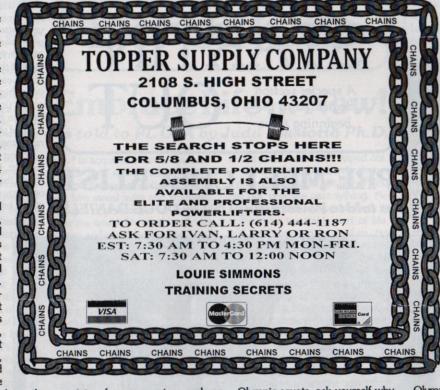
CHAINS CHAINS variety of core exercises such as good mornings and squatting with special bars that change your center

To all strength coaches: the next

Olympic squats, ask yourself why. The joint angles are not advantageous for the stretch reflex. If a ineman were to use that position on the field, he would easily be time you have your athletes do pushed backward. The Olympic lifts

require flexibility. There are many drills better suited to increase flexibility. Everyone thinks the Olympic lifts are so quick. While your cleans at 60% look fast, so do our box squats at 60%. The athlete who can power clean 400 uses 240 (60%). The lifter who can squat 800 uses 480 (60%). Who do you really think would be faster and stronger? Compared to a powerlifter, an Olympic lifter can't squat with the Sunday paper. A kid that can hang clean 400 would look frail to an 800 squatter. And don't forget, in Olympic lifting. as the bar is raising, the lifter is lowering himself, making it appear that they are moving the bar at great speed. Olympic lifting is the biggest bust in the United States. We have not placed a single lifter on the A list, yet strength coaches still advocate the

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Let's set the scene: you're at the meet and taking your first squat attempt. As you descend, you feel your trusty old squat suit rip at the seams. After the spotters catch you and the bar is reset in the rack, your first thought is, where's your backup squat suit? Unfortunately it's still at home because you forgot to pack it along with your meet gear. Ripping your squat suit is a very possible occurrence and not having a backup suit could cost you the meet and blow all those long hours of training. Fortunately there are steps you can take to help make sure you have all the stuff you need to get the

most out the meet and your training. By developing a well thought out checklist of items and issues prior a meet and going over them prior to leaving for the contest, a lifter can minimize the negative impact that unforeseen events can have on their meet results.

The first place to start is to review the contest application form. Check the date and time to be sure when the meet starts as well as when weigh-in is for the weight class you will lift in. Many weighins are the night before, some are the morning of the meet and some offer both. A very important thing to notice and keep in mind is the time zone where the meet is being conducted. Potentially the meet could be on Central Time and where you live might be on East-

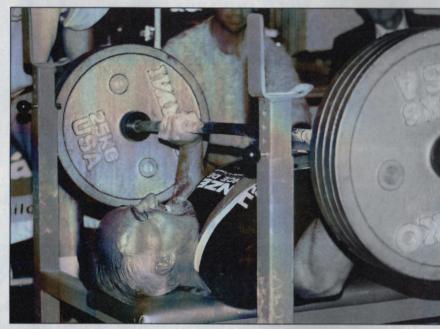
ern Time. This is a problem here in Northwest Indiana where our corner of the state is sometimes one hour behind the rest of the state. You may want to call the meet director a few days prior the meet just to check if the meet is still on. We were the victims of an unannounced cancellation of a meet a few years ago. We drove 150 miles to central Indiana to find that the contest was not going to take place. The meet director failed to inform us of that. We woke him up in bed to find out why the contest site was locked. This only happened once, but once is more than enough, and it may be worth your time to call in advance. Also, if there are any questions on directions or motels, the meet director should be able to help. While we're on the subject of motels, you may want to book a room in advance if you plan to stay the night before or after the contest. On another occasion, six of us went down to a meet, again in good old southern Indiana, only to

STARTIN'

A special section dedicated to the beginning lifter

PRE-MEET CHECKLIST

as told to Powerlifting USA by DOUG DANIELS



Off Platform Planning is required to produce a big lift, like John Yokley's Bench. (Drake)

find there was a huge bowling convention in town that weekend. We were lucky to be able to get a conference room with cots and couches to sleep on. Learn from our experiences. (No. not all Indiana meets are like this!)

If the meet is sanctioned, remember to bring you membership card or money to purchase one there. Bring enough money to pay for your motel room, food and gas. A credit card is very helpful for trip

Many lifters bring food and beverages to consume during the contest. As we all know, contests can sometimes seemingly last forever, so bring a cooler with fruit and Gatorade type drinks for starters. One word of advice on food: many lifters try to eat a big breakfast, high in carbs, etc., like pancakes, I would not eat anything for breakfast that you are not used to eating normally. Something out of the ordinary may wreak havoc on your digestive system during the meet, ruining the

effects of the training you have put in for the event. Food available at a meet may not always be the best. You may want to bring a sandwich or two. If your meet is at a motel or hotel with a restaurant, you may be able to get something there in between lifts. If you forget to address the food issue, you can either go a little hungry or risk eating what's

The most important thing to remember to bring to a meet is your lifting gear. It's critical that you have a backup for things like your squat suit, bench shirt, belt, and knee and wrist wraps. These items can tear while warming-up or lifting on the platform as noted in the beginning of this article. Not having a backup suit or shirt can spell disaster. A good tip is to wash your squat suits and bench shirts before the meet. This will not only make them more user-friendly, but will leave them just a bit tighter for the meet.

Most meets supply chalk for the platform. As the meet goes on, the

chalk tends to disappear. This can leave you without chalk for some of your attempts. I suggest bringing your own chalk in a Tupperware type container and keep it out of the view of the other competitors or it'll disappear too. Baby powder for your thighs in the deadlift and to apply under your bench shirt is great to have around. Again, keep it out of view in your gym bag when not using it.

Bring the shoes you will use for each lift. If you have a pair of squat shoes that you find are better for one type of lifting surface over another, bring these too. Just make

sure that using a different shoe to better grip the platform will not upset your normal squatting pattern. Bring extra socks and underwear too.

Towels and toiletries can be valuable, especially if the meet area has shower facilities for after the contest. A warm-up suit can be comfortable between lifts to wear. Another T-shirt or two might be a good idea.

Icu Hot-type rubs may be brought along in case of injury and to lessen any pain or stiffness you may have or could develop. Aspirin or another pain reliever can be a lifesaver The caffeine in some may also act as a slight stimulant to boot. Not all these items need to be brought into the meet area. You can keep them in your car or in your hotel room if the

meet is at a hotel

If you are worried about forgetting your cell phone so you can make calls while in the on-deck circle, you're in the wrong sport, Jasper

There are a lot of things for a lifter to remember to do and bring to a contest. Forgetting any one of them can not only result in anxiety, but can lead to missed lifts - as in the case of the lack of a spare squat suit. Be organized in your meet preparation. Don't let all that hard training and attention to diet go to waste because of a lack of planning. Developing a pre-meet checklist beforehand is a necessary part of your contest preparation. This checklist can be updated for the next contest on your schedule if you find you have missed something. Learn from your own experiences and the experiences of others.

Doug's Web address: members.aol.com/ddani12345/ default.htm

"Death is a challenge. It tells us not to waste time ... It tells us to tell each other tight now that we love each other. " - Leo F. Buscaglia

Let me tell you about my good

friend Dave Pasanella. Without guestion Dave was one of the most powerful human beings to ever walk the face of the earth. By the time he was twenty eight, he had already won three national championships, and two world championships. At an incredibly muscular bodyweight of 275 pounds David had bench pressed 605 pounds, deadlifted 854 pound, and squatted a mindboggling 1030 pounds. He also set a world record total in the three powerlifts with an outrageous sum of 2458 pounds. Think about that for a second: superheavyweights can weigh in the neighborhood of 400 pounds and yet how many of them can touch the weight Dave lifted? That fact in itself gives David's lifting otherworldly status. Certainly he has proved that you don't have to be as big as an elephant to lift one. It was no big secret that David was America's hope for the future, a heavyweight who would dominate powerlifting for a decade to come. He was just that great.

I remember that after he won his second world title he became an instant celebrity. It seemed like everyone was constantly catering to him. He was featured in just about every lifting magazine in the coun-

Dr. JUDD

Embrace Life ... Now!

as told to PL USA by Judd Biasiotto Ph.D.

try. He acquired a ton of endorsements and sponsorships. Sports companies were continually sending him sweat suits and sneakers. He got opportunities to travel all over the world. He would walk into a gym and everybody would fall all over themselves just to talk to him. He had it all: money, prestige, and talent. He was literally the envy of every powerlifter in the country. And the way things looked, it was only going to get better. His future was just that bright.

Then one sunny afternoon on the way to the gym, David swerved to avoid another vehicle, drove off the road, and hit a light pole. The impact of the crash was not all that great, but he was killed instantly. I was later told that there wasn't a scratch on him. In the blink of an eve the strongest man in the world was dead, a frightening illustration that even the biggest and strongest branch of any tree can be broken. When he died it was very difficult for me, as it would be for anyone that says good-bye to some one they care about. When I got back from

his funeral I was totally wiped out.

Nonetheless, David's death was a powerful reminder to me that God did not promise us anything. No one can protect us against death. It is the most inevitable part of life, and it will happen to all of us. No one is exempt from dying. Death is very democratic in that manner. All we really know is that some day death will come. That is an important lesson for all of us to learn.

Death is hard, but it is also a profound teacher. It teaches us that we don't have forever, that there is a limit. It teaches us how precious time is and how fragile life really is. It tells us to live now in the splendor of the moment, because tomorrow may never come. It teaches us to live our life fully ... NOW!

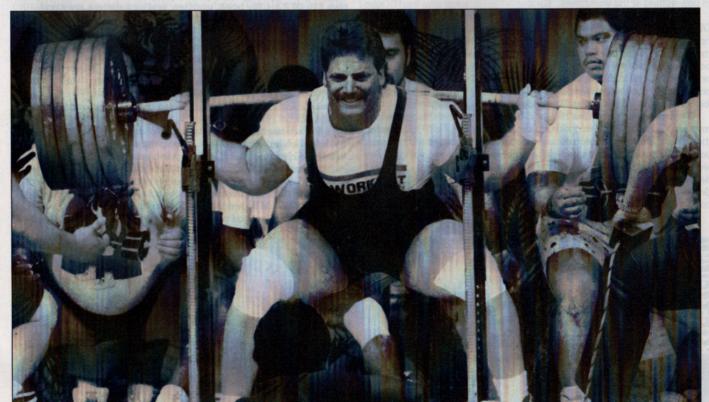
More importantly it teaches us to reach out, touch, and experience the people we love because they will not be with us forever. It teaches us to cherish the gifts that God has given us. It teaches us the beauty and excitement of being alive. As the saying goes: Today is the first day of the rest of your life. Embrace it.





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Below ... the late, great Dave Pasanella squatting at one of Gus Rethwisch's spectacular Hawaii contests. (photo by Ed Douglas)



Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 23 Main St., Warkworth, Ontario, Canada KOK 3KO (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: How can I decrease catabolic activity in my body? Eric

DEAR ERIC: By "catabolic" we mean forces that break down muscle and use it for energy. When existing muscle is broken down, your body will lose its tone and may become flabby. The Metabolic Diet, accompanied by proper exercise actually results in the body producing higher levels of testosterone and IGF-1, anabolic hormones, and lower levels of cortisol, a hormone secreted by the adrenal glands that leads to catabolism. By increasing anabolism and lessening catabolism we insure that the body retains important muscle mass and tone while you lose weight.

It has been shown that the carb-loading phase of the diet results in decreased cortisol levels. In one experiment the hormonal effects of muscle carbohydrate loading manipulations followed by a carb poor diet were studied. Carb loading provided decreased levels of cortisol not only during the carb loading phase but also in the following carb-poor time period. Also the higher fat levels and red meat that are allowed in the diet both lead to increased levels of testosterone, the most anabolic hormone in our bodies. **Mauro Di Pasquale, B.Sc., M.D.**

DEAR MAURO: I'm currently about 210 with 15% bodyfat and would like to get up to 220 with 10% or below. I'm hesitant to try the low carb diet because the type of training that I use requires a lot of sets in a short period of time. It is a little more intense than the traditional powerlifting approach. What would you suggest Dr. Di Pasquale? I know you competed in powerlifting at the world level. **Rick**

DEAR RICK: It seems to me that you'd be most effective as a 198 pounder. While it's not that hard to decrease bodyfat while maintaining muscle mass it's a lot harder to gain any significant muscle mass while losing bodyfat. The body just doesn't work that way unless you're a beginner and/or genetically gifted. If you wanted to get to 220 lbs. and drop to 10% bodyfat you'd have to lose almost 11 pounds of body fat and gain over 20 lbs of muscle to hit 220 lbs at 10% body fat. That's not easy.

If you decide to go for the 198 lb. class then the best diet to follow is my new Metabolic Diet. I suggest you drop to around 200-203 lbs. and then drop the rest just prior to your competitions. You can get all the info you need to get started on www.AllProTraining.com, including sample 2 week diets. I suggest you start on the Assessment Phase of the diet and determine what level of carbs you need to maximize your muscle mass and decrease body fat. You should see some real differences in your body composition and while maintaining your strength within a few weeks.

If you decide to go up to the 220 lb. class then the Metabolic Diet is still

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for you. I would use the weekend carb-ups to dramatically increase your calorie intake while during the week. I'd keep the carbs low and the calories moderate. I'd climb to about 235 lbs. cycling your diet this way and then follow the Assessment Phase of the diet and drop your calories gradually during the week and dramatically, at least at first, over the weekend, until you hit around the 225 lb. mark or maybe a little less. At this point your body fat levels should be around 10-12 percent.

Whichever way you go I wish you the best of luck. Mauro



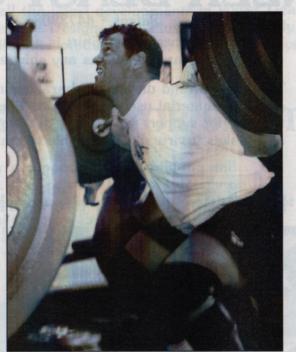
I was very late coming to the internet and remain somewhat aloof from it. I don't like technology in the extreme. While I enjoy the "modern conveniences", I've also lived at length without running water, a toilet, electricity, kitchen appliances, radio, and telephone and never felt the worse for it. I certainly enjoy our flush toilet and microwave, but see

clearly where our culture is headed. Powerlifting, weight training, and strength training are, strongly entrenched on the internet. There are numerous sites that cater to those who want to read about the latest happenings in the sport of PLing and more that have debate forums, chat rooms, and the opportunity to either give or take opinions regarding every aspect of the activity.

At first glance, this access to information may seem like a windfall to those seeking improvement. After all, any additional information can be helpful and serve to push one's total upward. Before the age of computers, before the age of videotape, and before the additional information can be helpful and serve to push one's total upward. Before the age of videotape, and before the additional information can be seen additional informa

vent of mass media communication, an age that is perhaps only thirty to forty years in past, one had to seek out information the only way possible; they had to get off their ass and find it! There was no other way to learn about the training procedures of the better lifters. If you wished to know what men with experience were doing, you found out where they trained and you made it a point to get there. Allow me to give you some typical examples from my own history. One of the best competitive lifters in the New York City area in the mid 1960s was Joe Weinstein. He was a very strong 198 pounder who lived in Staten Island. He occasionally worked as a bouncer at the Silver Knight, a bar that was not far from where we lived. My training partner, Jack, and I would find out when Joe would be working at the har and make sure we were there We would ask a hundred questions of this very nice and patient lifter and then use that information in subsequent workouts. Dennis Tinerino, who later won the Mr. America and Mr. Universe titles, would travel to the small storefront gum we trained at to seek informa-

More From Ken Leistner



Stephen Boyd, Pro Bowl Linebacker for the Detroit Lions, squats heavily for sets of 15-20 at Dr. Ken's facility in prepration for the opening of the 2000 season. (Leistner)

tion from Tony Pandolfo. This served as our opportunity to ask Dennis what the strong guys in Brooklyn were doing in their training. When Jack and I traveled to the Los Angeles area, we lived in Bill Pearl's Manchester Avenue gym before finding an apartment near the facility. As a football player who was interested in PLing, Bill advised me to seek the counsel of Bill West as well as Bob Zuver and his crew in Costa Mesa. Needless to say, that very weekend, we were sitting at Zuver's Gym, exposed to Tom Overholtzer and some of the other great lifters of the day. We later met Bill West at a contest held at the old Venice Beach Pavilion where his first words to me were "Hey, are you gonna lift today?" Watching Pat Casey bench press and George Frenn squat in Bill's Culver City garage would, as imagined, teach one an awful lot.

At various times, I drove or hitchhiked to York on Saturday mornings in order to watch our best Olympic lifters train and ask them as many training questions as I could think of. In every instance, the advanced lifters in York, at the

original Westside Club, at Zuver's, Pearl's, and the other gyms in both the N.Y. City area and in Southern California could not have been more accommodating. They were used to being asked questions and during their early stages of training, they used the exact same procedures to learn what brought them success. It wasn't only the advanced men who had that attitude. If we heard about someone who was lifting a lot of weight, we would find out who they were, get someone to make an introduction or otherwise let them know who we were, and eventually work our way over to their basement or garage gym where we would trade training information. Almost all the time, this also meant taking a workout with

that person or group of guys. There was great pleasure in not only talking about new techniques and training procedures, but actually trying them. When I owned the Iron Island Gum, on an untold number of occasions, I would answer a training question and then head over to the weights in order to demonstrate. On some Saturday afternoons, when many of the lifters were at the gym, there was enough demonstrating to constitute a real live workout! On more than one occasion, Ralph, who now owns and runs the gym, but who managed it at that time, would park himself under six hundred pounds or so, talk about squat technique, and then squat. I did the same (with much less weight) and we would then look at each other as if to say, "we're getting a bit old for this type of thing", but the point is that we learned, we "did", we passed the information on. I live on a main street in a busy town, the first over the New York City line. I train, rain or shine, hot or cold, with the garage door open which invites some to stop, pull over, and walk up the

and then getting instruction, and then "doing it", as you've been instructed, under the watchful eye of another.

The internet generation, for lack

of a better term are all individuals who are hell on wheels when it comes to talking about training. They know the theories: they know. by heart, the exact training routines of the various champions: they "know". Having met some of these individuals, they haven't yet "done" nor do they "do" on a regular basis. Yes, they talk the talk, but don't actually get around to doing much of the training they do so much talking about. I am not referring to the obvious braggadocio that is common fodder on the internet: "I squatted 700x10 for five sets one minute apart, do you think I should add leg curls to get my thighs from 31" to 36"?" No, I'm talking about a multitude of "trainees" who know much more than I ever will, more than Ralph will despite our combined eighty years in the game, but who don't actually train very much or very hard when they do get around

Relative to training, we've developed a voyeuristic generation, a culture built upon the "knowing", having the information, but rarely if ever utilizing it. Self discovery comes from "doing", at all times. Trial and error is the key to growing stronger emotionally and physically, not knowing the "numbers" that the champs put up that month. We apparently have a generation of "non-doers", if one is careful to read the internet sites. Guvs and gals make comments that are indicative of either an extreme naivete or an absence of actual experience. When someone agrees with my philosophy and says for example, "Lou Simmons said such and such, and he is so obviously wrong", I chuckle. In many cases, the speaker has never tried to apply the principle Lou spoke of and/or has never trained doing anything like it. When Lou disagrees with me, or I disagree with Lou, or, on those occasions where we might agree on a point of training, if nothing else, we believe what we do because we've tried it, we've done it, and either it worked for us and those we train and train with, or it did not. The key is that Lou and I "did it" as did so many of the older lifters. Training is art and science, probably a lot more art and application. It is, as Kim Wood of the Cincinnati Bengals has labeled it, "a participatory art", an activity that one must do to clearly understand and learn from. While the internet might provide information, it isn't necessarily allowing many to participate fully, much to their disadvantage. Dr. Ken Leistner

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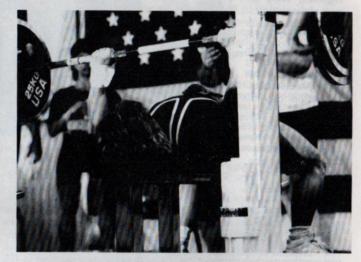
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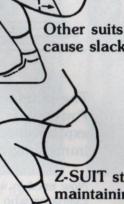
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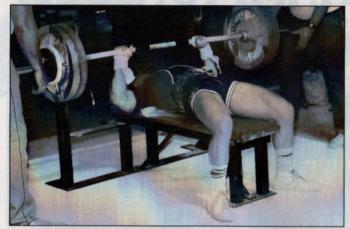
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WORKOUT of the Month

Rick Weil Bench Press



Rick Weil was a spectacularly successful bencher in the 165s and 181s back in the 1980s. Here is a reprise of his workout from the September 1985 edition of POWERLIFTING USA. (Lambert photo)

In this article I am assuming you have a 400 lb. bench press and are looking to maximize your potential in a ten week period, First of all, any lifter with a 400 lb. bench is definitely an experienced lifter. Therefore, I will assume your problem getting maximum gains might be a plateau, sticking point, or incorrect form. Heavy weight must be attacked with a positive attitude, yet with great preparation so as to minimize any chance of injury.

If you are having trouble handing heavy weight, then I recommend doing heavy negatives. After your bench workout assuming your last set is a single with 400, go on to 425-430 for a controlled negative rep - never more than 1 rep per set. 1 or 2 sets per workout is plenty. This will strengthen tendons and prepare you mentally for the day when you will be benching the heavier weight. The lighter the weight feels to you, the easier it is to concentrate on form. When I performed a 518 bench at the Mountaineer Open, I had previously done in training negatives with 570 and 600 lbs. controlled. Negatives also help the lifter who is stuck at a certain weight for a period of time or in other words, plateaued.

Sticking points come into play quite often with the experienced lifter. It can be very aggravating. There are four basic parts to the bench press, we will call them the approach, the drive, the push, and the lock out. The approach is the part of the lift where you bring the bar down to your chest. This is important because done properly it sets up the rest of the lift for hitting the grove. Remember to stay very tight during the approach, do not relax at your chest. The negatives will help here.

When the clap is sounded, the drive part of the lift begins. Practice pause benching in the gym because good habits are hard to break as well as bad habits, Also, injury can come from sloppy form, so always train as if a judge is watching. If you are stuck at your chest, perhaps you are forgetting a very strong and important body part at your disposal - your BACK. Remember the

upper body exercise and your back is part of your upper body. ers generally have very strong lats, so why not use them? With 135 on the bar, pracA new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those of different strength levels than the starting poundage specified, simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600. multiply the poundages specified by 1.2 (600 divided by 500)

your lats to drive the weight off of easy lift, right at the top. There are your chest. You do this by initiating a lat spread of sorts at the bottom of the lift. Trying is believing - it really works and with practice your lats will drive any weight off of your chest you would normally have been stuck with. Since powerlifters train their backs, only the lifters who strictly bench need to do special back exercises. I recommend doing lat pull downs and cable seated rows for building the muscles necessary for the drive part of the bench press. Those of you with strong backs need only to work the correct form, getting used to driving with the back

The push is that part of the lift between the drive and the lockout. Momentum is obtained from the lats in the drive, then the front deltoids must take control. Front deltoids will move weight, so train them as a separate body part. Steep incline presses will isolate the front delt if the bar is kept in close to your face and driven back towards the uprights. Seated dumbbell presses are not only great for the delts, but also one of my favorite exercises. This is performed seated straight up driving the weight with palms forward. 3 sets of 5 reps on both of these exercises is plenty. Also, only train them once a week. That's right, once a week. I have trained this way for three years, each body part once a week and made maximum gains on every cycle. This type of training also keeps injury to

Now we come to one of the most frustrating part of the bench press, the lockout. I have seen many lifters miss what appeared to be an

two reasons for missing a lift at lockout; fatigue, which can cause bad form, or not enough tricep strength. If your gym does not have a dip bar, tell the owner to get one. Weighted dips are the best exercise for lockout power available. Close grip benching puts too much strain on the wrists and hinders complete tricep movement. Doing weighted dips with heavy weight, however, will not guarantee a powerful lockout. Remember the other reason I stated for missing a lockout? Fatique. I had pushed 3 sets of 3 reps with 285 lbs. in the weighted dips in training, yet I was having a lockout problem. After a lot of thought I realized my problem was not strength, but tricep fatigue. My triceps were pumping too fast. To correct this problem I dropped the weight on the bench after doing negatives, down to 405 and did reps until failure. By the time I could perform 10 easy reps, my sticking point was gone. Now, I am not saying you should drop to 405, but 80% of your maximum lift is a good place to start. For example the 400 lb. bench presser would start with 320 to 325 lbs. and try that for a week or two.

Here is a typical workout for the 400 lb. bencher, who is looking for a 430 lb. bench in a ten week time.

Remember to train only once a week, that is the secret to making 5 lb. jumps per week. Rest is very important as is diet, so keep all these things in mind during the 10 week period. You can do anything you set your mind to do. Never give up or say "I can't". Think positive and you will succeed.

wĸ	Bench Press	Nega-	BP to	Incline	Seated	Bar	Tricep +
	warm up	tives	failure	Press	Dumbells	Dips	Pushdowns
1	330x5x3	none	320*	225x5x3	75x5x3	3x5-	3 sets*
2	335x5x3	none	320*	230x5x3	75x3x5	3x5-	3 sets*
3	340x5x3	none	320*	3x5-	3x5-	3x5-	3 sets*
4	350x3, 400x1	425	325*	3x5-	3x5-	3x5-	3 sets*
5	355x3, 405x1	430	330*	3x5-	3x5-	3x5-	3sets*
6	360x3, 410x1	435	330*	3x5-	3x5-	3x5-	3 sets*
7	365x3, 415x1	440	330*	3x5-	3x5-	3x5-	3sets*
8	370x3, 420x1	445	335*	3x5-	3x5-	3x5-	3 sets*
9	375x3, 425x1	450	335*	3x5-	3x5-	3x5-	3 sets*
10	380x3, 430x1						

^{*} to failure. + with about 80-90 - with appropriate weight you can handle with good form

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One could argue that if powerlifting were to be represented by one man that man would be Ernie Frantz. After all, he has been training heavy since prior to powerlifting's inception, plus Olympic lifting and bodybuilding. He has done it all, but powerlifting is his true love. The sport has shaped his life and he, in turn, shaped the sport.

As a teen, I first became aware of Ernie through photos of him in Powerlifting USA. He was as powerful as he looked. Many bodybuilders look massive, but are relatively weak. Ernie had it all, thickness,

definition and most of all - the strength of a champion. Who can forget the classic shot of him deadlifting, veins popping out on his tattooed arms, his massive neck straining his necklace to bursting. This is what it was all about. He embodied the look that drew me to lifting weights in

the first place. Recently, I ordered Frantz's "Ten Commandments of Powerlifting" from Crain's Muscle World. The book, written in the early Eighties, promoted Frantz's emphasis of the basics. He trained four days per week, cucled his lifts, and focused primarily on the powerlifts. The old adage "If you want to get strong on the squat, then squat," could well

have been said by Frantz.

Still, he has moved much iron since those days: he is now sixty five! I was curious to see if time had changed his approach to training. He seemed personable. I decided to call and see if he'd impart any insight to me over the phone.

We have a tendency to revere those champions we see in magazines. We think of them in the same realm as Hollywood celebrities, maybe even bigger. It is pleasant to find that many powerlifting greats are actually quite accessible. Our community is a small one.

Emie generously conceded to an interview. I could tell he'd done this many times before and took it as a matter of course.

Though he admitted that change is always a factor, and that he per-

TRAINING

The Powerlifting Insights of Ernie Frantz

as told to Powerlifting USA by Marc Cavigoli



Ernie Frantz competing in the nationally televised World Series of Powerlifting held back in 1980

petually refines his training, he still maintains the basic tenets of the book

Ernie trains with very heavy weights and low reps. His primary method of overload is negative reps. He believes that forcing muscles to handle weight beyond their concentric contraction potential acclimates them to a new work capacity. Though most of his training is very heavy he does believe in light days. These are used when his body has not recovered fully from a workout and residual soreness remains. For Ernie, "light" still means sets of five or six at near maximum effort.

Another application of light days would be in preparation for a max single. Several days prior to a new max he attempts about 75% to 80% to "test the waters." If the body feels

ready, he attempts his max as scheduled. Sometimes, however, if he feels strong on the prep day, he will max immediately.

Most of Ernie's coaching approach centers around tailoring a routine to a specific individual, and no two individuals have the same routine. Assistance work is kept to a minimum. Generally, one heavy assistance exercise is used per powerlift. This exercise is trained in a similar manner as the powerlifts with very heavy weights. Which exercise is chosen is contingent on the weak points of the individual lifter.

I asked Ernie how he developed such balanced hypertrophy since he de-emphasizes assistance work. Did he acquire this muscle from his bodybuilding days? He claims most

of it came from practicing the powerlifts themselves.

So committed is he to the bench, squat and deadlift that he trains them year 'round. Variety is provided by cycling weights, sets, and reps. Nonetheless, Ernie feels many of today's novice lifters are over anxious to begin cycling. Instead of jumping into inappropriate cycling, Ernie believes young lifters should focus on basic lifts in a traditional overload system. Cycling is best reserved for established lifters who are seeking to minimize stagnation.

With competitions, novices tend

to be over eager as well. They set their sights on a nationals competition prior to cutting their teeth on local and regional meets. Ernie is quick to point out that patience is an essential component of powerlifting success.

Ernie provides further variety in his routine via subtle changes in stance, grip width, and form. These alterations are often chosen to surpass a particular weakness or sticking point.

At sixty five, Emierealizes injury is an inevitable reality for anyone who has pushed themselves year after year. He has learned that impeccable form is the best deterrent to the specter of injury. Another facet to minimizing in-

jury is maintaining muscle elasticity. This is sustained by thorough stretching once warmed up.

Lastly. Ernie believes that the proper use of equipment is instrumental to reducing risk of injury. At the present there is a movement to "purify" powerlifting by eliminating use of equipment. Equipment free competitions are called raw meets. Frantz feels that such lifting is very risky. He feels equipment that fits correctly not only prevents injury, it also increases the amount of weight the lifter is capable of handling. He sees no cheating in this. Rather, he equates this to a golfer using the best clubs he can afford. "You don't see a competitor in the PGA break a branch off a tree to hit the ball," Emie points out. He feels the amount of weight you lift rather than what

type of equipment you wear is what concerns most people.

As the conversation continued, I raised the issue of anabolic steroids. In "Ten Commandments..." Ernie had been refreshingly candid about steroid use, but this was written in the early Eighties, prior to the media-spawned, steroid witch hunt. He doesn't regret his candor, but points out that in no way was he endorsing drug use. To the contrary. Ernie feels drug use should be strongly discouraged in young lifters. Young male athletes have an abundance of naturally produced testosterone. With all the nutritional products out there, young lifters should be "clean."

What Ernie does support is the right of the aging athlete to maintain his normal testosterone level once advancing age lowers the body's production. This, he feels, is no different than a woman supplementing with estrogen after menopause.

He also feels that there should be no significant difference in the training of a drug free athlete versus an enhanced athlete. He feels individual differences are more relevant to training protocol than a person's drug using status.

A unique component of Ernie's philosophy is that of fasting. There are about as many powerlifters who fast as there are fish on the moon.

Yet, Ernie believes in this so strongly, saus he feels so well afterwards, that he routinely consoles his wife at the dinner table when she misses sharing food with him. Though he fasts only for twenty four hours, one day per month, the benefits are threefold. First, it allows rest for the digestive track. This is a commonly overlooked element of recuperation. How many powerlifters eat like horses day in day out for years? Consider that protein, a nutrient we all stock up on, is a complex molecule to digest. The fast gives the gut a much needed a rest.

The fast also cleans out the body. When constantly metabolizing nutrients, waste builds up as fast as the body can eliminate it. The fast provides a quiet time in which waste and cell toxins can be cleared.

Finally, Ernie points out that the fast helps you establish a keen will-power. If willpower and powerlifting don't do hand in hand I don't know what does.

I've put this fasting idea to the test. I must agree with Frantz; it works. I felt great. It helps keep the bodyweight in control and I've never lost strength from a one day fast.

I asked Ernie about some of the elements of powerlifting that had changed since he wrote his book. For one thing, the once fledgling women's powerlifting movement has come into its own. Ernie is very supportive of this. His wife was one of his most intense trainees. He thinks mixed gender training partners are a great way to work out and push each other to greater strength.

push each other to greater strength.

Another area of recent popularity is strongman competitions. He feels these are receiving popularity from powerlifters who seek fresh fields to conquer. He warns that many powerlifters incur injuries as a result of their tremendous strength coupled with insufficient exposure to the contested events. This is an endeavor that should be entered with caution and preparation.

The APF is perhaps the best symbol of Ernie's life's work. I asked him to tell me in a nutshell what the APF stands for. Ernie believes the APF is here first and foremost to represent the interests of the lifter. His current objective is to make the organization affluent enough to be able to sponsor lifters' plane tickets, hotel accommodations, etc. enabling talented athletes to showcase their abilities in national and international forums. Along with this he seeks full media and commercial endorsement so athletes can earn a living from their sport. Because of powerlifting's fundamental nature, he feels it is the backbone of all sports and therefore deserving of such exposure. He hopes to see

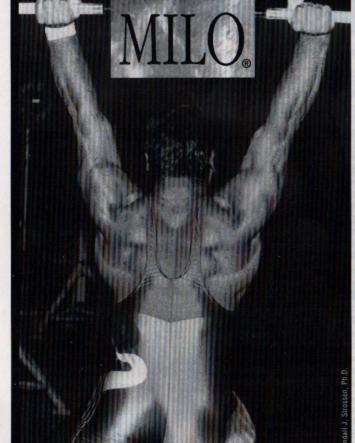
this in his lifetime.

Not only is powerlifting an elemental force that can revitalize any activity, it is a method of coping with life's stress. Frantz believes that the focus, discipline, and release that heavy training provide can to some extent counterbalance the stresses of a bad marriage, a hostile work place, or financial worry. In today's world, a panacea of this magnitude is not to be taken lightly.

So how has powerlifting affected Ernie personally? At age sixty five, Ernie trains very heavy for brief workouts. He is careful about including too many extraneous activities that may cut into his recuperation: water skiing, basketball, going out dancing, what have you. "Age does not limit strength if one manages one's lifestyle judiciously," he says.

Looking forward to his seventies, Ernie is excited about being active and staving strong. How many people do you know who look forward to their seventies? If that is what powerlifting can do for you, I'm glad I'm a part of it!

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INTERVIEW

Personal dialogue between PL USA Magazine and the Sport's Greatest Names.

LM: Susumu, let's start out with some background information: age, occupation, family, etc.

SY: I was born in 1950, and am

married to Hisako. We got married in 1973. We have 2 children. My oldest is Eriko, who was a powerlifter in High School. She graduated from the University of Japan and is now working for an advertising company. My son, Yuta, studies music at the University and plays in a heavy metal band. I have been involved with powerlifting since 1976. I work as an architect for a large construction company, where I design building com-

LM: How did you get started in Powerlifting?

plexes.

SY: Hisako and I were swimmers while we were in High School. I thought that we could improve our swimming by strength training, so I started to train with weights by myself. When I attended the University I trained with weights during the off season and I got very good results. After I graduated from the University. I concentrated on weight training at a gymnasium which was very popular with powerlifters. I then started Hisako with weights so that she could understand what I was doing.

LM: How did you get involved with the IPF and how did you come to be the coach for Japan?

SY: In 1984. I started a Powerlifting club, the "Powerhouse Weight Training Club" in Tokyo. We were training many young lifters. Our gym was able to win our Junior Nationals and our Nationals. Many of our lifters from Powerhouse qualified to lift at the Worlds. Therefore, I was selected as the coach. Twenty years ago our association was very small

SUSUMU YOSHIDA

as interviewed for PL USA by Dr. Larry Miller



Susumu Yoshida ... a powerlifting athlete, referee, coach, administrator, team manager, and great guy!

and they also needed a man who could speak English for contacting people outside of Japan. I then went to the Asian Championships where it was agreed that I would be General Secretary of the Asian Federation. Then I was sent to the IPF as the Asian Representative. After that, I became a member of the Executive Committee of the IPF.

LM: Is the sport of Powerlifting popular in Japan now?

SY: Compared to 20 years ago, yes, but compared to sumo wrestling or professional baseball. powerlifting is still very small. We have about 2,000 registered members, but we recently lost some due to the bad economy, which didn't allow for some of them to compete.

LM: Are there problems in Japan with the use of steroids?

SY: In 1986 we started drug testing in powerlifting and bodybuilding. I was involved in both federations with the doping committee. Since then we have administered over 300 tests and have had one positive for ephedrine. I believe that in Japan the powerlifters are clean. In bodybuilding the results have been different. Our testing is only done at contests. LM: How did you come to learn

about the sport of Powerlifting?

SY: I went to the US as a lifter representing Japan in 1980 at the World Championships in Arlington and I finished 12th in the 100 kg. class. I was amazed with the power of the other lifters. I found a book written by Larry Pacifico which discussed his training cycle, which was quite different from our training. We were doing maximum singles every time we trained, 2-3 times a week. Therefore, I had many injuries in my shoulders and back. I began to understand peaking and off season training and Hisako and I used this method the following year with very good results.

LM: How did the Japanese develop some of the unusual techniques they use in the bench press?

SY: We learned that in the Bench Press a big arch was very important to shorten the distance for the bar to travel. Gradually, we improved on our technique for the bench press.

LM: How do the Japanese view all of the different organizations within the

SY: Personally, I don't like all these federations. In Japan, we have only one federation. In the US there are many, many powerlifters. If all of these powerlifters joined one federation, then I think the Americans would become the number one country at the World Championships

LM: What about the variety of equipment that we use?

SY: Equipment should all fall underone set of rules. I think everyone should follow the IPF guidelines since they are the biggest international orga-

LM: Do you think the IPF will maintain the status quo or do you think that there may be some changes down the road?

SY: The federation makes changes based on the opinions of many lifters. For example, many people think that the competitions are too long, so I guess that there may be some changes in reducing the number of weight classes. Some of the rules may be changed because they are too complicated. It is not easy to judge and it is not easy for the audience to understand. It should be easy for the spectators.

LM: Are there any additional comments you would like to make?

SY: I appreciate you taking the time to talk with me for an article in Powerlifting USA. I also need to thank Hisako for supporting me while I work for the Japanese federation, the Asian federation, and the IPF. I could not do so without her assistance. I would also like to thank the lifters at "Powerhouse"



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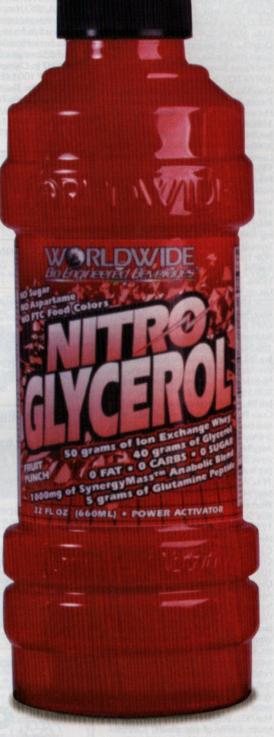
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Jun/95... Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW

Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights Sep/95... TRIPLE SENIORS ISSUE AD-

FPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.

Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s

Jan/96... IPF/WPC/WDFPF Worlds, Per-

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cent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s

Mar/96...TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.

May/96.. James Henderson Benches 705 in a T-shirt, Brobdignagian Biathlon, Louie Strengthens the Torso, Preventing Catabolism, Reverse Hypers, TOP 100 275s Jun/96.. ADFPA Women's, WPA Worlds, Subtotal Supermen, HMB, KIC & Leucine, Homeopathic Testosterone, All Time Records, TOP 100 SHW

Jul/96... AAU Men's, USPF JRs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s

Aug/96... ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s. Sep/96... USPFSr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.

Oct/96.. WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glossbrenner "Responds to the Response*, TOP 100 148s

Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn profile, TOP 100 165s

Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s

Mar/97...TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo
Apr/97... Clark Benches 800-Waterman

600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.

May/97... Dream Team Pt. 1, Kick Start

Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.

Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW

Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.

Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s

Sep/97... USAPL/USPF/APFTriple Seniors Issue, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s.

Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 Ltwts. Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.

Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL. TOP 100 181s

Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s

Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s

Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage

Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s. May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, , Focused Benching, Top 100 275s.

Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance*, 10 Keys to Success, AAUPC/ WDFPF Split, TOP 100 SHWs.

Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World 's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts

Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam

Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1. TOP 100 132s

Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s.

Nov/98... A World's to Remember, Japan

Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.

Dec/98 ... IPF Masters-luniors - Mens/ WPC/WDFPF/AAU/AAPFWorld Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s

Jan/99 ... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s. Feb/99 ... WPC Worlds Pt. 2, Coan goes

2463 -USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s

Apr/99 ... The ED COAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.

May/99 ... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals,

Russian Stretches, TOP100 275s. Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet

Training, "Choking", TOP 100 SHWs Jul/99 ... Dave Waterman Interview, IPF Women's Worlds, Not All In The Legs, Tim Bruner, Overcoming Plateaus by Louie

Simmons, TOP 100 114s Aug/99 ... the Rubber Band Man, the "Muscletown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie SImmons, TOP 100 123s

Sep/99 ... USAPL Men's Natls., APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s

Oct/99 ... USPFSeniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by

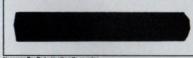
Nov/99 ... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie

Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s

Dave Ricks Interview, Russian Mystery,



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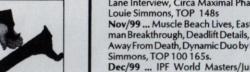






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Jan/00 ... IPF Worlds, WABDL Worlds,

Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century More Big BPs by Louie S. TOP 100 220s Mar/00 ... USAPL Women's Nationals WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons Apr/00 ... Arnold Classic, WPF Worlds Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s May/00 ... Dennis Cieri, What is a J.M. Press?, Knee Wrpas, the Passing of Tamara Rainwater-Grimwood, One Arm Rows,

Chemical Exercise, TOP 100 275s. Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs. Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights. Aug/00 ... USAPL Men's, APF Srs. Pt. I,

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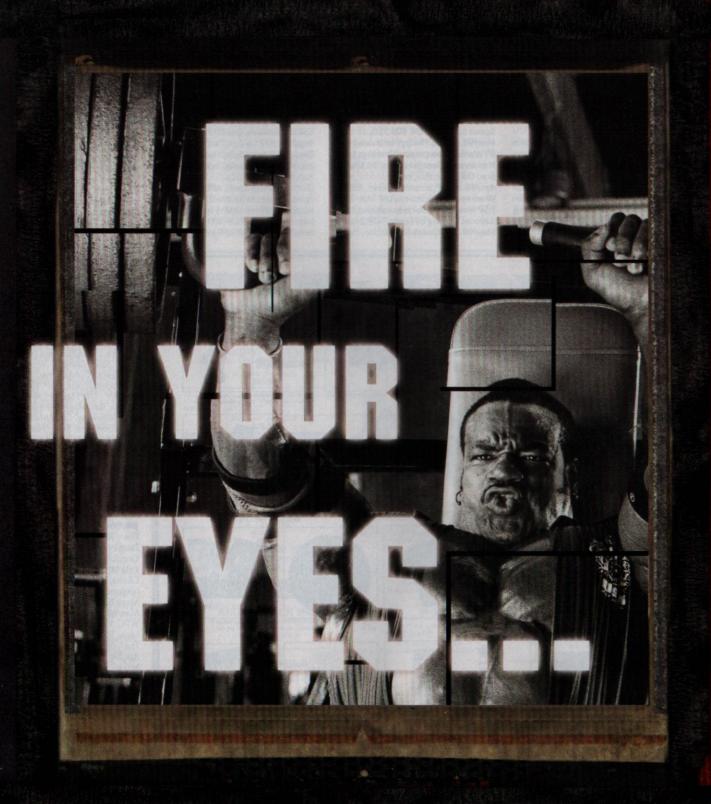
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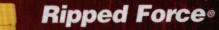
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THE PROFILE

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STACK

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 - 200 mg caffeineASPARTAME FREE

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THE PROFILE

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- Added electrolytes potassium, sodium and phosphorus

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- Grape

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2nd Top Gun Bench Press Challenge

15 API	R 00 -	Kingston, NY	
WOMEN		Masters	
114		181	
Master		P. Carroll	34
R. Elliott	115	Open	
MEN		198	
Teenage		C. Halwick	260
D. Cease Jr. 148	230	Masters	***
J. Murray 126	115	E. Garalewski	305
Open		Open	500
132		220	
B.Colsson	270	D. Coddington	380
R. Salinas	230	M Taggard	365
148		242	503
D. Gambino	285	R. Sheckler	455
T.Vining	175	S. Bower	315
181		275	3.3
M.Geraghty	350	B. Klinger	550
P. Carroll	340	Masters	
M. Boice	260	F. Dini	520
		D. Cease, Sr.	410
This event raised	\$640.0	0 which was done	ad to

This event raised \$640.00 which was donated to the Special Olympics. Special thanks goes out to Fitness Unlimited, Sheldon Levy (who officiated the event), and Fred Dini and Brad Klinger for putting on a great "Bench shootout". The participants and spectators all had a great time and we were very happy to have reaised funds for such a special cause. (thanks to Pat Carroll for results)

Bainbridge High School Raw BP 18 MAY 00 - Bainbridge Island, WA

18 MAY 00 - Bainbridge Island, WA
165 lbs. Sean Roach 140
Clayton Hallum 195 198 lbs.
Michael Wauters 160 Richard Sheets 295
181 lbs. Josh Freeman 195
Garret Soames 25 220 lbs.
Liam Maher 170 Matthew Wauters 232!
*-guest lifter. !-unofficial world record. Meet was held in the Bainbridge High School weight room. No shirts, wraps or assist gear of any kind was allowed. Head judge Chad Lawless (certified AAU and USAPL) officiated. AAU rules were used. Bainbridge Hopt manager Roy Manuel were side judges. Best lifter freshman - Liam Maher. Best lifter soph - Clayton Hallum. Best lifter junior - Garret Soames. Best lifter senior - Richard Sheets. Guest lifter Matthew Wauters, an eight grader from Hyla Middle School weighing in at 204, broke the thirteen-year-old world record with a second attempt 232. Thanks to Bainbridge HPC and EMAS for the best lifter prizes. (Results from EMAS).

12th Annual Florida State DI

12th An	nual	Florida State	DL
07 M	AY 00	- Lakeland, Fl	
Malowe Formu	la	B. Mitchell	500
WOMEN		R. Dey	600
Open		S. Wood	525
K. Austin	270	G. McCartney	550
K. Sabin	370	M. Ryan	475
V. Shaw	200	D. Jonas	405
R. Ryan	160	Master 50-59	403
Master		D. Hunt	520
K. Austin	270	P. O'Brien	500
Schwartz Formu	da	I. Wilson	360
MEN		Masters 60-69	300
Teen		T. Trevorah	500
G. Wright Jr.	200	Masters 70-79	500
14-15		H. Brandt	350
R. Donahay	430	Open	330
A. Jameson-Lee	260	114	
C. Trevorah	300	K. Snell (BL)	445
16-17		123	773
M. Jameson-Lee	375	S. Beasley	220
G. Seaholm	405	148	
C. Lehman	425	C. Leroux	475
G. Folsom Jr.	330	W. Holloway	440
18-19		165	***
I. Thompson	500	G. Wright	525
. Allen	450	181	
unior 20-23		D. Tennyson	465
. Burgos	460	198	103
Submaster 35-39		D. Adams	545
G. Jurkowski	650	220	
2. Fortin	600	J. McGlynn	650
. Finora	580	J. Cervero	615
M. Nichols	570	P. Finora	580
. Santiago	505	B. Kayhart	550
. Leskie	525	J. Lynch	530
Williams	500	242	
Aaster 40-49		J. Lankford	575
4. Whitten	545	275	
. Nelson	580	G. Jurkowski	650
1	**		

C. Nelson 580 G. Jurkowski 650 BL – Best Lifter: Ken Snell. Team Trophy: All American Gym. A good turnout of 50 lifters showed up to pull against gravity in an effort to prove who was the strongest in this "extreme" deadlift event held at Hooters Southside in Lakeland, FL. It is called "extreme" deadlifting because the platform is outside under a tent being baked by the Florida sun and lifting starts at 2:00 PM in the heat of the day. The air conditioned trained "spaboys" fell by the wayside when it comes to "extreme" deadlifting. In the women's division, Kim Austin, took first place honors in both the women's



At the Top Gun BP (r-l): Fred Dini - 520 lbs. 275 master, Pat Carroll 340 lbs. 181 master, Brad Klinger - 550 lbs. 275 open (Pat Carroll)

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open and women's masters division with an outstanding 270 deadlift weighing only 105 lbs. Kari Sabin had an off day, but still took second place with her 370 opener. Vanessa Shaw and Robin Ryan each pulled nice lifts to take third and fourth with her 370 opener. Vanessa Shaw and Robin Ryan each pulled nice lifts to take third and fourth respectively. Gregg Wright Ir., at only 11 years of age, pulled a nice 200 for first in the 11 and under class and weighing only 99 lbs. The 14-15 year old class was highly contested by using the Schwartz formula to determine who was the best as were all the other age groups except for the Open lifters. Robby Donahay, who had some extra shade due to his father's huge shadow, went 3 for 3 and pulled an outstanding 430 deadlift which is a personal best. Alex Jameson-Lee and Corey Trevorah battled for second and third respectively. Another tough class was the 16-17 year old, John Thompson, pulled an impressive 500 lbs. to win this class, followed by Justin Allen who lifted a personal best 450 to win second. Jim Borgus was uncontested in the Junior division and lifted a nice 460 lbs. The Submaster division had a large number of entrants The Submaster of the day was 275 lb. Greg Jurkowski, who lifted 650 lbs, just missing 700 on his third attempt. Ron Fortin locked out 600 lbs. for second with Paul Finora taking third place honors at 580 lbs. In the Men's Master 40-49 age group, Mike Whitten was the true master. Mike lifted an outstanding 545 lb. deadlift on his third attempt to win this division. A week earlier, Mike

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won the Firefighters Powerlifting Olympics. Chuck Nelson, who can deadlift 315 lbs. using one finger on each hand, took second place with a nice 580 pull. Orlando's K-92 FM D.J., Bobby Mitchell placed third with a fine 500 lift. Randy Dey, one of the six 600 lb. deadlifters at the meet, settled for fourth. Don Hunt was the master of the Masters 50-59 division winning with an impressive 520 deadlift. Veteran lifter Pat O'Brien pulled 1\(^1\)4 ton to take second place and "Jurassics" Jerre Wilson deadlifted a personal best 360 lbs. to finish third. Unfortunately, there was some controversy regarding this class. A lifter apparently falsified his age to compete in this age division. His real age was only 49, checked officially by public record. Needless to say, this lifter was disqualified from the meet and all future meets. It's a real shame that this type of situation happens in our sport. In the Masters 60-69, Tom Trevorah deadlifted an outstanding 500 lbs. to take top honors. Tom competed in the very first Senior National Powerlifting Championship in 1966. Tom is not only a great lifter but also a true inspiration to us all. Herb Brandt pulled a nice 350 to win the 70-79 division. We always appreciate Herb competing in our contest. He travels three and a half hours to lift in Brandt pulled a nice 350 to win the 70-79 division. We always appreciate Herb competing in our contest. He travels three and a half hours to lift in them. In the Men's Open division, Ken Snell pulled a 445 lb. second attempt to take first place and best lifter honors. Scott Beasley, despite being injured and ill, lifted a close to personal best deadlift of 220 lbs. In the 148, Chris Leroux was first with a 475 deadlift and Will Holloway came in

13 MIAI	UU - D	HIIII)	gnam,	AL	
High School	SQ	BP	DL	TOT	
148					
. West	365	220	420	1005	
181					
M. Morgan	365*	290*	405*	1060*	
198					
B. Smith	525	250	550	1325	

day	275				
has	E. Mathis	395*	350*	500*	124
on	Women's Open				
ses	132				
ass	L. Harrell	250*	100	250	600
his	148				
wo	L. Fagan	155	105	200	460
ice	S. Endress	260	-	245	-
the	M. Smith	200*	140*	270*	610
me	Men's Novice				
ind	132				
50,	0. Grayson**	350	270	430	105
his	165				
ers,	P. Norman	365	220	420	100
ard	181				
om	A. Machristie	515	315	520	135
ob	D. Hagan	495	320	470	128
the	198				
for	J. Love	550	315	550	141
).	J. Haney	500	375	475	135
	B. Smith	525	250	550	132
	S. Kanady	350	265	405	102
	220				
	L. Wright	550	355	585	149
	R. Grav	480	335	520	133
T	W. Lee	415	300	470	118
	R. Pierson	415	350	415	118
05	I. Flowers	405	335	370	111
	B. Whittington	315	265	405	985
60*	242				
	J. Burnette	560	350	500	141
25	A. Clarkson	375	250	450	107

)*	J. Dyer				
	Men's Novice Re	gional			
)	0. Grayson** 181	350	270	430	1050
)*	A. Machristie	515	315	520	1350
	D. Hagan	495	320	470	1285
50	198				
	J. Haney 220	500	375	475	1350
05	L. Wright	550	355	585	1490
50	R. Gray	480	335	520	1335
35	242	-	South		
	A. Clarkson 275	375	250	450	1075
15	P. Savage	425	300	450	1205
50	308	Harr	HINT	MI S	1877
20	C. Savage	600	385	550	1535
	Men's Open 165				
90	G. Kiser**	610*	375*	670*	1655*
35	181		Mark Control	-	2000
30	K. Buda 198	400	305	395	1100
0	J. Baumgart	680	410	570	1660
	J. Love	550	315	550	1415
0	R. Herring	385	325	475	1185
5	220	A line	Cons	BP 8	
	H. Gaddis R. Gray	560 480	450 335	580 520	1590 1335
7	242	400	333	320	1333
	A. Carlisle	650	410	580	1640
	J. Burnette	560	350	500	1410
	Men's Open Regi 198	onal			
	J. Baumgart**	680	410	570	1660
	J. Haney	500	375	475	1350
	220				
	H. Gaddis	560	450	580	1590
	R. Gray 242	480	335	520	1335
	S. Stinson	500	420	550	1470
	Master's Alabama	Thol			
	165 (40-49)				
	G. Kiser** 181 (50-59)	610*	375*	670*	1655*
	J. Fair	305*	210	395*	910*
	181 (60+)				
	C. Hanner	250*	125*	275*	650*
	198 J. Haney	500	375	475	1350
	T. Butler	520	3/3	4/3	1330
	220 (40-49)				
	L. Wright	550	355*	585	1490*
	W. Stewart	450	350	480	1280
	H. Davis	410	280	455	1145
	G. Bowie	325	365	400	1090
	L. Boots	380	225	375	980
	308 R. Endress	395	215	330	940
	Master's Regional		213	330	340
	198				
	F. Sumner	185	295	325	805
	220	410	200	455	1145
	H. Davis* L. Boots	380	280	455 375	1145 980
	Special Olympics			-	

C. Dennis P. Savage 308 C. Savage

450 320 425 330

R. Rogers 405 C. Moore 105
SHW
S. Lewis 365 D. Callahan 265
** Denotes Bestlifter; * denotes state record. This was a fantastic turnout with regard to competitors and spectator numbers. I really want to thank Chris Key, Chad Lancaster, Traci Smith, John Green and Buddy Duke for their inexhaustible help duries the desire sender to fet the sender and in the sender sender. and Buddy Duke for their inexhaustible help during the day's production of the meet and in its conception. I also want to thank everyone at Steel City Fitness in Homewood, Alabama for all the time and effort they gave freely for the meet. Congratulations to all our state record breakers and to all the new competitors. The meet went off without a hitch with all competitors prepared and committed to performing at the highest level possible. We are eagerly anticipating next year's championships. Thanks to Pt. USA for posting the contest and supporting our meet. Thank you for all your support and see ya next year, Jeff Green MS, CSCS, CPFT USPF Alabama State Chairman (Thanks to Jeff Green for providing results oft his contest).

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K. Waters

C. Moore

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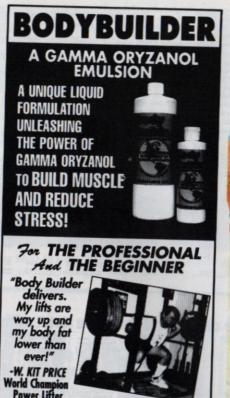
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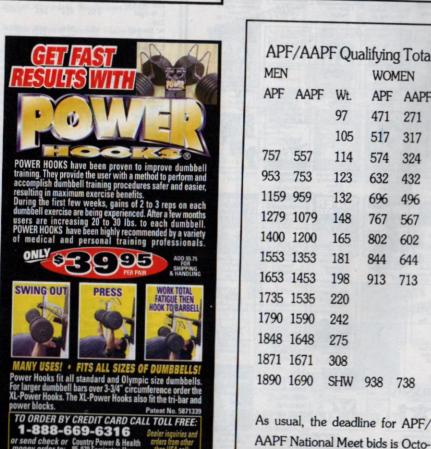




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Coming Events

MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, preferably at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY people who may be interested

2 SEP, WABDL Washington State BP & DL & Full Power (Hoquiam, WA - World Famous Clam Chowder) Don Bell, 360-

2 SEP, AAU Planet Fitnes Midwest Regional Championships (PL, BP, Push/Pull - AAU World Qualifier, Raw & Equipped Divs., teen, open, women, submasters masters, police & fire) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, gymrate@willinet.net (entry forms available in MS Word or Lotus Word Pro) 2 SEP, USAPL 2nd Labor Day PL & BP, Willie Mastin, 13010 Ocean Glade, Sa Antonio, TX 78249, 210-699-0964 2 SEP (new date), Village Square BP/ DL (Effingham, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-

5429, sonlight@advancenet.net 2-3 SEP, APA American Cup BP & DL & Powerlifting Nationals - WPA Junior, Teenage, Masters, & Sub-masters Worlds (Lancaster, PA) APA, Box 27204, El JoBean, FL 33927, 9 4 1 - 6 9 7 - 7 9 6 2,

3 SEP, King Fitness Pound for Pound Championships (most reps and tonnage Hazlett, NJ) Ryan Vella, for past results www.kingfitnessgym.com, 732-335-0911 9 SEP, PPL Power-Mania "Drug Free" (PL, BP, DL) Tee Meyers, 2250 Lumpkin Rd., Augusta, GA, 30906, 706-790-3806, puthongum@aol.com

9 SEP, Bench Press Competition, Greens oro, NC, Ben Holder, 336-274-2835 9 SEP, APF West Virginia Mountaineer Barbell Invitation, Mike Hill, 304-344-1928, or 727-2593 after 8 pm or Chad Miller, 304-344-9314

9 SEP, The Strength Beyond Iron Man (Paw Paw, MI) Mike Newell, 616-657-2036 or Aaron DiPrima 616-657-6698 9 SEP, 1st APF Strength Beyond BP, DL and Iron Man-Woman Championships (men/women: open, teen, jr., submaster, master) Mike Newell, 708 Marcelletti, Paw Paw, MI 49079, 616-657-2036, Fool220@220.com

9 SEP, East Coast Classic Arm Wrestling (men, women, seated - rt. hand) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

9 SEP, APF Bench Bash for Cash (\$15,000 total cash prize) & NPC Daytona Beach Muscle Classic, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000

9 SEP, Tennessee State Fair BP/DI (Nashville, TN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429,

sonlight@advancenet.net
9 SEP, Pound for Pound Nationals (m/women SQ/BP/DL - Kansas City) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760 9 SEP, USAPL Michigan Hall of Fammeet, Dick Van Eck, 616-521-4031

9 SEP, USPF New Hampshire State BP, Dave Follansbee, 865 Second St. #7, Manchester, NH 03102, 603-626-5489 10 SEP. WNPF Mid Atlantic Bp & Ironman/Woman (BP & DL) & USSA Power Curl, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-

13-17 SEP. 2000 IPF Jr. Worlds (Kau-Hsiung, Taiwan) 15-17 SEP, ADAU National SQ, BP,

DL (separate contests - all ages / wt. classes) Joe Orengia, 4460 W. 26th St., Erie, PA 16506, 814-833-3727 16 SEP, WABDL Not Ready for Prime Time BP & DL (Deadline 9-2-00 - Houston, TX) Bob Garza, 281-820-5923

16 SEP. Midwest Class II BP/DL Open. Bryan Busteed, 4519 S 24, Omaha, NE 68107, 402-558-5894

16 SEP, Rotty's Southern Indiana SQ/ BP/DL Classic (Paoli, IN), Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 69153,

16 SEP, "100% RAW" DL Nationals (men & women, all age groups/wt. classes, limited entries, deadline 8/ 26) Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 2008, 202-537-5941

16 SEP, NASA Texas Reg., NASA, Box 735, Noble, OK 73068, 405-527-8513 16 SEP, Big Three Classic (m/w - SQ/ BP/DL - Detroit) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760 16 SEP, 2000 Beast of the East, Fred Vanderveen, Box 279, Fruitland, MD 21826, 410-742-9201

16-17 SEP (revised date), USAPL Bench Press Nationals, Dr. Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 636-561-1242 (8-10pm), www.usaplnationals.com 16,17 SEP, Big Daddy's Push Pull, 650-

17 SEP, WNPF Falls Natural (Niagara Falls, NY - PL, BP, DL - raw & assisted) Ron DeAmicis, 6531 New Rd., Youngs-

town, OH 44515, 330-792-6670 17 SEP, 2nd Deadlift on the River, Jor Smoker, 30907 County Rd. 16, Elkhart, IN 46516, 219-674-6683

17 SEP, Police & Fire Nationals BP BP (Holiday Inn, N. Newark, NJ) Pro Fitness, 350 Route 46, Rockaway, NJ 078666, 973-627-9156, www.profitness.com

17 SEP, Wisconsin Open II BP/DL (Burlington, WI) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429. sonlight@advancenet.net

23 SEP, NASA East Coast BP & Curl (all wt. classes & divs. - men & women) Glenn Murphy, Box 1314, Cumberland, MD 21501, 301-759-4707

23 SEP, 2nd Sci-Fit BP Meet, Joe Deverville, Georgia State Farmers Market, 2055 Eisenhower Pkwy, Macon, GA 31206, 912-750-7005

23 SEP, USPF Body Tech BP/DL, Howard Huddleston, 1224 N. Eastern, Moore, OK 73160, 405-794-6200

23 SEP (new date), 6th APF Wolverine Open (men/women: open, teen, jr., submaster, master) Jim Hinze, 33949 Curcio Ct., Sterling Hts., MI 48310, 810-264-

23 SEP, APA New England States PL & BP, APA, Box 27204, El Jobean, FL

A.P.F. 47th Annual Iron Man **Bench Press - Powerlifting** Championships Sat. Dec. 9, 2000 Center Point Athletic Club 3003 N.Manoa Ave. Fresno, Ca.

Awards 1st thru 3rd place in all weight classes and divisions. Where Records and Legends have been made Meet Director - Bob Packer 559-439-4394 (Days) 559-658-5437 (after 8:00P.M.) 9:00 A.M. Start Lifting

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2000 PRO FITNESS POWER LIFTING SCHEDULE

AUGUST 12, 2000 - NI BENCH PRESS OPEN. LOCATION: Pro Fitness, Rockaway, NJ

SEPTEMBER 17, 2000 - POLICE AND FIRE NATIONALS - BENCH PRESS AND FULL POWER MEET. LOCATION: Holiday Inn, North New-

NOVEMBER 18 & 19, 2000 - NI STATE POWERLIFTING CHAMPIONSHIPS. LOCATION: Morris County Area

> 973-627-9156 WWW. ProFitness.com

33927. 941-697-7962.

wpa50@hotmail.com
23 SEP, NASA Kentucky Regional PL, BP & PS (Lexington, KY) Greg Van Hoose, Box 58, Millwood, WV 25262, 304-273-2283. gvhl@wirefire.com
23 SEP, ADAU "Shake the

Lake" BP and/or arm wrestling (all ages, wt. classes) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-

23 SEP, St. Mary's (PA) Power Day, Ken Mountain, 814-834-

23 SEP, SLP OPEN NA-TIONAL POWERLIFTING CHAMPIONSHIPS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953. 217-253-5429, sonlight@advancenet.net 23 SEP, Max Flex BP & DL Classic (Buffalo, NY) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760

23,24 SEP (new date), WABDL Budweiser Strength Festival (BP. DL) & WABDL BP/DL and Oregon State PI Gus Rethwisch, Box 5292. Bend, OR 97708, 541-389-0600, wabdl.org (not.com!!),

gethomas@olypen.com
24 SEP (new date), USAPL Connecticut State Open Powerlifting, Lloyd Weinstein, 350 Brookside Dr., Fairfield, CT 06430, 203-254-8372

24 SEP, Bay State Correctional Center Meet (guest lifters welcome, 4 wks. notice) Ron Brewster, Box 73, Norfolk, MA 02056 or Tim McDonald 617-727-8474. ext. 160

24 SEP, Olympic Fitness Center BP, Terence Dangerfield, 224 N. 4th St., St. Charles, IL

60174, 630-377-7527 24 SEP. SLP lowa State RP DL (Burlington, IA) Dr. Darrell Latch, 126 W. Sale St. Tuscola. IL 61953, 217-253-5429, onlight@advancenet.net

30 SEP, APFL.A.L.C. Push/ Pull Classic (Burbank) Joe Avigliano, 818-846-5438 30 SEP, NASA Ohio Reg

NASA, Box 735, Noble, OK 73068, 405-527-8513 30 SEP, Ozark Open III BP/ DL Classic (Poplar Bluff, MO)

Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-2 5 3 - 5 4 2 9 , sonlight@advancenet.net

SEP (new date), WNPF East Coast PL (Philadelphia, PA) WNPF, Box 142347. Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com SEP, WNPF Delaware (PL

BP. DL. SO) WNPF. Box 142347, Favetteville, GA 30214, 770-996-3418, wnpf@aol.com

SEP, 2000 Mile High Push & Pull, Andrea Sortwell, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075

1 OCT, Northern Illinois Open BP/DL (Richton Park, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5 4 2 9 sonlight@advancenet.net 5-8 OCT, WPF World BP &

Columbus Dates

Oct. 21 Westside Seminar Oct. 22 Mastering the Bench

Jan. 13 Westside Seminar Jan. 14 Mastering the Bench Feb 24 Westside Seminar Feb. 25 Mastering the Squat April 7 Westside Seminar April 8 Mastering the Bench May 26 Westside Seminar May 27 Mastering the Squat June 9 Mastering the Squat

Mastering the Bench July 14 Westside Seminar July 15 Mastering the Bench Aug. 25 Westside Seminar Aug. 26 Mastering the Squat Oct. 6 Westside Seminar Oct. 7 Mastering the Bench Nov. 3 Westside Seminar Nov. 4 Mastering the Squat Dec. 8 Westside Seminar

Dec. 9 Mastering the Bench On Site Seminars

Albany, NY Jan. 27 Cutting Edge Sports Science

Spring, TX Feb. 3 Powerhouse Gym

Lock Haven, PA

March 3 Lock Haven University Tallahassee, FL

March 10 Fahey's Gym West Palm Beach, FL

March 24 Santaluces High School Seattle, WA

> March 31 Gold's Gym Ontario, Canada April 28 Good Life Fitness Lexington, SC

May 12 Waites Fitness Tulsa, OK

July 21 Eastside Gym Sacramento, CA

Aug 11 24 hour Fitness Reno, NV Sept 22 Fitness Factory

1695 Itawamba Trail London, Ohio 43140 888*854*8806

PL (Graz, Austria) Carl Smith, Tel/Fax +43-316-817683

OCT (new date), 4th Pottstown Invitational Power Challenge BP/DL, Eugene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823

7 OCT, Push/Pull on the River (1,500 Cash Giveaway) Reed Bueche, 1104 W. Main St., New Roads, LA 70760, 225-638-9922

7 OCT, USPF Law/Fire National PL (Clarksburg, WV) Tige Pratt, 304-622-7239 or John Messinger, 304-744-2475

7 OCT, Fall BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
7 OCT, USPF Central Cali-

fornia Championships (San Luis Obispo - National Qualifier) Gene Estrada, 805-544-

7,8 OCT, USAPL Lifetime Drug Free National Cham-pionships, John Corsello, Box 289, Mt. Freedom, NJ 07970, 973-724-7817,

clayton@blast.net 7,8 OCT, USPF BP & DL Nationals (Shiloh Inn. Portland, OR) Anthony Carrillo, Box 2124, Olympia, WA 98507, 360-754-2475 8 OCT, Northern Illinois Drug

Tested Fall Classic DL/BP. Grant Noeske or Duane Burlingame, Fitness Lifestyles, 641 Stephenson St., Freeport, IL, 61032, 815-233-2292 8 OCT. APA Bau State BP/ DL (Worcester, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com www.angelfire.come/fl/

8 OCT, Greater Indianapolis Regional BP/DL (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953. 217-253-5429 sonlight@advancenet.net 8 OCT, USPF Push/Pull (NHSP) Jamie Fellows, Box

375, Belmont, NH 03220 14 OCT, APA Texas Cup Classic BP & DL & Strength Sports (Waco, TX) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com

14 OCT, Walker's Gym Bench Press (open, raw, men, women, teen, master, police, fire, military) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

14 OCT, 12th Annual Indian Summer Powerlifting Meet (with BP only division) Contact: Goshen Fitness, PO Box 92, Goshen, IN 46526-0092, 219-537-9329

14 OCT, South Florida Benchoff and Monster Pull (open men, women, teen, masters BP and/or DL) Ironworks Gym, 1611 South, S.R. 7, N. Lauderdale, FL 33068, 954-974-9786

14 OCT, USAPL Columbus Day BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964

14 OCT, NASA Big River Classic, Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094 darultobeu@aol.com

14 OCT, Fall BP. John Shifflett. Box 941, Stanardsville, VA 22973, 804-985-

14 OCT, NASS North America's Strongest Man (open, teen, masters) Bubba Melton, 510 Mitchell Rd., McKenzie, TN 38201. 901-352-1378

heavydutybubba@aol.com 14 OCT, Flowertown Open Bench Press #2, Armorplate Gym, 908 Bacons Bridge Rd., Summerville, SC 29485, 843-821-7077 or Floyd Powe 843-875-1434

14 OCT, NASA Tennessee Regional (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513

14 OCT, SLP Arkansas State BP/DL (Rector, AR) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

14 OCT, APF/AAPF Alabama Championships, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 205-344-5200

15 OCT, Judgement Day IV BP, Joe Luciano, Greater Scranton YMCA, 706 N. Blakely St., Dunmore, PA 18512, 570-342-8115

15 OCT, Chicagoland Open BP/DL Classic (Chicago, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net 17-22 OCT, 2000 IPF World Mas-

ters (Prague, Czech Republic) 20-22 OCT, WDFPF World PL & Single Lift SQ & Congress (Antwerp, Belgium) Wim Backelant (BDFPF) 21 OCT, APF/AAPF Power Station PL/ BP, Nicholas, 5634 S. 107th East Ave., Tulsa, OK 74146, 918-459-5956

21 OCT (new date), AAU World Bench Press (Boston, MA area) Larry Larsen, 155 Belcher St., Holbrook, MA 02343, 781-767-0764

21 OCT (new date), WNPF Palmetto Classic (Greeneville, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

21 OCT, PPL Georgia State PL, BP, DL, PPL, 2250 Lumpkin Rd., Augusta, GA 30906. 706-790-3806

pythongym@aol.com 21 OCT, 9th USPF Muscle Beach Venice

Special Olympics Power Lift-off (invitation only) Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775 21 OCT, NASA Iowa Regional (Des

Moines) NASA, Box 735, Noble, OK 73068, 405-527-8513

21 OCT, Max Flex BP & DL Classic (all divs. - Houston, TX) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-

22 OCT, CPA Quebec Championship PL & BP, Marcel St. Laurent, 457 7ieme Ave. Nord #1, Sherbrooke, Qc., J1E 2S2, 819-346-9466 (tel/fax)

28 OCT, Halloween BP/DL (Gold's Gym, Sheffield, AL) Danny Dover 256-331-

28 OCT, USAPL Hudson Open (open, teen, master, women) Shawn Cain, 1040 192 Ave., New Richmond, WI 54017. 715-246-9363/3560 (not aftern 9pm) 28 OCT, Topeka Powerlifting Summit, James Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326

28 OCT, NASA Pennsylvania Regional PL, BP, PS (Pittsburgh, PA) Greg Van Hoose, P.O. Box 58, Millwood, WV 304-273-2283,

gvhl@wirefire.com
28 OCT, 18th ADAU Raw Drug Free Central PA Open (open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214,

engrave@clearnet.net
28 OCT (tentative) NASA N. Carolina Regional (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513

28,29 OCT, ANPPC NATIONAL DRUGFREEPOWERLIFTINGCHAM-PIONSHIPS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net 29 OCT, Halloween Classic BP and/or DL (teen, masters, submasters, women, open, raw) John or Kayleen Blackstone, Musclebound Fitness, 102 E. Main St., W. Lafayette, OH 43845, 740-545-0840 29 OCT, APF/AAPF Halloween Classic PL (Hurst, TX - novice, open, teen, submaster, master, BP only, DL only) Kirk Stroud, 372 E. Pipeline Rd., Hurst, TX 76054, 817-268-3488

OCT, APA Southern States PL (TN) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com
OCT, WNPF Fall Classic PL (NY) WNPF,

Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

OCT?, NASA W.V. Regional, Greg Van Hoose, 304-273-2283, or gvhl@emwv.com
4 NOV, USAPL Central USA PL & BP

(Cape Girardeau, MO), Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 636-561-1241 (8-10pm),

4 NOV, 1st Applejack BP Open (men, women, teen, police, fire) Allan Davis, Phoenix Fitness, 333 Court St., Allentown, PA 18103, 610-797-6277

4 NOV, USPF Texas Cup Classic (men & women, below class I, open, teen, BP, master, submaster, jr. - Austin, TX) Seguin Fitness, 1415 E. Court, Sequin, TX 78155,

4 NOV, Farris Open BP/DL, Fitness Express, 5900 D-3 Rivers Ave., N. Charleston, SC 29406, 843-744-7800 or Floyd Powe 843-875-1434

4 NOV. NASA St. Louis Regional (Fairview Hts., IL) NASA, Box 735, Noble, OK 73068, 405-527-8513

4 NOV, X-treme Fitness Fall BP/DL Classic (Union, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

4 NOV. USPF BP & DL Championships Ted Isabella, 55 Weston Ave., Cranston, RI 02920, isabella@efortress.com

4 NOV, USAPL State of Michigan Championships (BP, DL, Iron Man, PL - Lansing, MI) Mike Lawrence, 248-616-5447 4.5 NOV, WePumpUUp.com IPA New York State Full Power and Bench Meet (all classes, m/f) Joe Giuliano, 14 Stevens Ct., Saratoga Springs, NY 12866, 518-583-7539

4,5 NOV, Physique Magnifique Power 4,5 NOV (new date), AAU Drug Free Worlds & Intl. BP (youth, teen, jr., open, submasters, masters, law enf., military, physically challenged open/raw - men/women - Mesquite, NV) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797

5 NOV, APA CT Open Fall Classic BP Slaga, 38 John Brook Rd., Canterbury, CT 06331 DL (drug tested and non-tested) Donna

djslaga@yahoo.com
5 NOV, CPA Deadlift Championships and unsanctioned Montreal Bench Press, Marcel St. Laurent, 457 7ieme Ave. N #1, Sherbrooke, Qc., J1E 2S2, 819-346-

9-19 NOV. AWPC Worlds, AWPC & WPC World BP, WPC Worlds (Plaza Hotel, Las Vegas, NV) Ernie Frantz,

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November 11, 2000 - AAPF Southern States Powerlifting Championship (Drug Tested)

December 2, 2000 - APF Southern States Open Powerlifting Championship

July 21, 2001 - WPO (TM) Semi-FinalsQualifier (Universal Studios, Orlando, Florida)

November 17, 2001 - WPO (TM) Professional Powerlifting Championships (Universal Studios, Orlando.

All meets at Huge Iron Training Center unless otherwise noted: 910 South Atlantic Avenue. Daytona Beach, FL 32176, (904) 677-4000

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10-12 NOV (new date), USPF U.S.A. Nationals Open PL/BP Championships (World Qualifier - Burbank. CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115 or Steve Denison 661-

664-7724, pwrlftrs@dlenet.com 11 NOV, USAPL Southeastern U.S. lopen, women, submaster, master, RP. entry deadline 10/16/00) Mike Regua. Box 126, Moncks Corner, SC 29461, 843-761-7642

11 NOV, ADAU South Jersey Open BP/ DL, Greg & Nichole Truast, 107 Birch Ave., Egg Harbor, Township, NJ 08215,

11 NOV, 7th Ed Jubinville BP (men, women - all age groups/wt. classes) Berkshire Nautilus, 205 West St., Pittsfield, MA 01201, 413-499-1217

11 NOV, Thanksgiving BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com 11 NOV, AAU NC, VA, SC Regional (Henderson, NC) Ben Zak, Box 978. Grandy, NC 27939, 252-453-6116

11 NOV, AAPF Southern States (drug tested) Huge Iron, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000

11 NOV, SLP Kentucky State BP/DL (Calvert City, KY) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net 11 NOV, Max Flex BP & DL USA Championships (all divs. - Denver, CO) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760

12 NOV, USAPL Day of Domination BP (Power Gym, Taylor PA) Joe Moceyunas, 570-562-

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12 NOV, USAPL Ohio PL & BP (open men & women, teen, raw men, women. masters, & men's police & fire) King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, Ed and Frank King 440-

12 NOV, AAU Mass Open PL/BP, Bruce Lynch, 165 Paul Revere Terreace, Taunton, MA 02780, 508-823-5729

12 NOV. Franklin Health & Fitness BP/ DL Classic (Franklin, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

14-19 NOV, 2000 IPF Men's Worlds (Akita City, Japan) 16-19 NOV, 2000 WABDL Drug

Tested World BP/DL Championships (Nugget Hotel, Reno, NV) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not

17-19 NOV (new dates), WNPF Worlds (all events/divs. - Baltimore, MD) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-

3418, wnpf@aol.com 17-19 NOV, IPA Nationals (Colum-

bus, OH) Elite Fitness, 1695 Itawamba Trail, London, OH 43140, 888-854-8806

18 NOV. USAPL Idaho State/Open, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035

18 NOV, PPL Georgia "Drug Free" State PL, BP, DL, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
18 NOV, NASA WV Regional PL, BP,

PS (Ravenswood, WV) Greg Van Hoose, Box 58, Millwood, WV 25262, 304-

273=2283, gvhl@wirefire.com

18 NOV, 3rd Southern States BP/DL
Classic, Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324 18 NOV, Omaha Open, Keith Machulda, 4808 Cass, Omaha, NE 68132, 402-444-5596

18 NOV (new date), SLP National 'Raw' PL, BP, DL Championships (Fredricktown, MO) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

18 NOV. Iowa/Midwest Open BP/DL & Trap DL (open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-

18 NOV, ADAU North American Raw BP Championships (teen, jr., sub-master, master, open) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

18 NOV. 13th Elkhart Bench Press, Jon Smoker, 30907 County Road 16, Elkhart, IN 46516, 219-674-6683

18 NOV, USAPL Great Alaska PL Challenge & 9th annual Biggest Bench, Jamie Bursell, 9170 Glacier Wood Dr., Juneau, AK 99801, 907-789-5997

18.19 NOV, N.J. State Championships (Morris County Area) Pro Fitness, 350 Route 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com

19 NOV (new date), USA "RAW" BENCH PRESS FEDERATION GRAND NATIONALS (Tuscola, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429,

sonlight@advancenet.net 24-26 NOV, WDFPF World Single Lift BP & DL (nr. Como, Italy) Ivano Bianchi (WDFPF Italia)

NOV. 3rd Southern States BP/DL, Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324

NOV. USAPL Mass States Open, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10pm

2 DEC, I.H.M. 4th annual Holiday BP, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

2 DEC. CPA Estrie Championship (Granby) Marcel St. Laurent, 457 7ieme Ave. Nord #1, Sherbrooke, Qc., J1E2S2, 819-346-9466 (tel/fax)

2 DEC, USAPL Nebraska Sr. State (Omaha, NE) Tim Anderson, 1829 South St. #42, Blair, NE 68008, timanderson@huntel.net

2 DEC, USPF Seminole (OK) Meet, Rickey Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 405-275-3689

2 DEC, USAPL Kentucky State/Blue Grass Open PL & BP (all ages & wt. classes) Steve Corum, 1614 S. Green St., Henderson, KY 42420, 270-826-8354 2 DEC, 17th Southeastern Cup, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 912-896-3988 (d), 3989 (n), bduke@surfsouth.com

2 DEC, APF Southern States Open, Huge

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Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000 2 DEC, Son Light Winter Classic BP/DI Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217sonlight@advancenet.net

2.3 DEC. Los Angeles Lifting Club presents WEPOF Superman II (OL - 2 Dec, PL - 3 Dec, combined or separate)
Joe Avigliano, 818-846-

3 DEC (new date), 3rd AAPF Michigan State PL, BP, DL, John Maddox, 17036 Arlington Ave., Allen Park, MI 48101, 248-642-2002 ext 105

3 DEC, APF/AAPF Texas Powerfest 2000 (Hurst, TX -juniors, novice, open, teen, ubmaster master BP only. DI only) Bill Holland, 300 W. Northern Ave., Saginaw TX 76179, 817-847-6082,

wwilly@swbell.net 7-10 DEC, 2000 IPF World Bench Press Ostrava, Czech Repub-

8-10 DEC, "100% RAW" World Championships (men & women, all age groups/wt. classes, limited entries, deadline 11/1) Spero Tshontikidis, 4850 Connecticut Ave. NW #903,

Washington, DC 20008, 202-537-5941 9 DEC, 47th an-

nual Iron Man BP/ DL (Fresno, CA) Bob Packer, 559-439-4394(d), 658-5437 (after 8 pm) 9 DEC (new date), USAPL Rhode Island State PL & BP (deadline 9/9/00) David Roderick, 126 Chestnut St., Rehoboth, MA 0 2 7 6 9 DR705@medeonenet 9 DEC. USAPL Blue Santa PL/BP, Willie Mastin

13010 Ocean

Glade, San Anto-

nio, TX 78249, 210-699-0964 9 DEC (new date), APF 47th Iron Man PL / BP / Physique (Fresno, CA) Bob Packer 559-439-4394 or Jeff Budwig, 559-248-0860

9 DEC, Mimi's Power Day BP/ DL Classic (Rockford, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

9 DEC, Robbins Fitness Advan-

tage Bench Press, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 205-

9 DEC, USPF Winter Classic DL (Camarillo, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115

9.10 DEC, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-

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> 985-3932, valifting@aol.com 10 DEC, WNPF Eastern Regional BP

> Open & Ironman/woman (BP & DL) & USSSA Power Curl, Brian Washingto Box 20042, Baltimore, MD 21284, 410 265-8264, ecpower@bellatlantic.net 10 DEC, 8th ADAU Raw Drug Free Coal

Country BP & DL Classic (separate meets - open, tene, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net

10 DEC, Christmas for Kids BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net 16 DEC, AAU Planet Fitness Winter

Dolldrums Push/Pull (raw & equipped: teen, novice, open, masters) Roger Broeg, 525 S. Garfield, Burlington, IA 52601,

16 DEC, APA BP Nationals & WPA

PLer Year Banquet (Lancaster, PA) APA, Box 27204, El JoBean, FL 941-697-7962.

wpa50@hotmail.com
16 DEC, USAPL 2000 Holiday Classic 23106 19th Dr. SE, Bothell, WA 98021,

425-486-5864, mtrupi@seanent.com 16 DEC, Christmas BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com 17 DEC (new date), WNPF 3rd Sarge McCray BP/DL/IronMan Charity Event (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

31 DEC, The Last One! BP/DL Champi onships, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429,

DEC?? USPF World BP/PL (Corpus Christi, TX) Gary Pendergrass, 1415 E. Court St., Seguin, TX 78155, 830-

DEC, APF Southwest PL/BP, Anthony

Pastorello, 2640 Westwood Dr., Las Vegas, NV 89109, 702-655-0825

13 JAN, PPL Augusta Drug Free Open PL, BP, DL, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, 19-21 JAN, USAPL Women's Na-

tionals (all age divisions) Dr. Mike Hartle, 3835 W. Jefferson Blvd., Ft. Wayne, IN 46804, 219-456-8485 JAN, AAU Northern Virgina BP & Jr. Olympics Qualifier, AAUPCVA, 809 Mosby Hollow Dr., Herndon, VA 20170, 703-397-0534, aaupcva@cox.rr.com 3 FEB, Ladies Night Out (women only -PL, BP, DL) Rick Hussey, 8902 Grant, Omaha, NE 68134, 402-392-2446

10 FEB, ADAU Drug Free Raw 13th East Coast Classic & Raw BP Meet, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-

24 FEB, USPF Oklahoma State & Classic PL/BP/DL, Rickey Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 405-275-3689 FEB, AAU Home of the Champions Bench Press Classic (National Qualifier, Richmond, VA) AAU PCVA, 809 Mosby Hollow Dr., Herndon, VA 20170, 703-397-0534, aaupcva@cox.rr.com
2-4 MAR, Arnold Classic Bench Press

nge, Classic Productions Inc., 1245 Worthington Woods Blvd., gton, OH 43085, 614-431-2600 10 MAR, APF Bike Week Bench Bash, Huge Iron, 910 S. Atlantic Ave., Daytona ch, FL 32176, 904-677-4000

10,11 MAR, 5th APF Michigan Sr. States/2nd APF Spartan Open PL & Ironman & Woman (Men/Women: open, teen, jr., submaster, master) Dan DeFelice, 10641 Voiland, Roseville, MI 48066, 810-294-7055, www.apfmichigan.com

23 MAR - 1 APR, Supergames, Keith Schultz, Box 22266, High St., Christchurch. www.supergames2001.co.nz,

info@supergames2001.co.nz 24 MAR, NASA Police & Fire Nation als, James Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-

24,25 MAR, ADAU Great Lakes PL (men & women - all ages - all wt. classes) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

MAR, USPF New Hampshire State & New England Open (Bedford, NH - open, women, teen, masters) Dave Follansbee, www.usabodybuilding.com, 865 Second St., Manchester, NH 03102, 603-626-

1 APR, Pittsburgh Area Monster BP and/or DL (men & women - all classes/ divs. - cash prizes - Holiday Inn Airport) Mike Barravecchio, 301 Springwater

Ct. Moon, PA 15108, 724-457-2708

7,8 APR, Power Palooza (PL, BP, DL - all div./wt. classes) Eugene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823

21 APR, WPO (TM) Quali fier (location tba), Huge Iron, 910 S. Atlantic Ave., Day-tona Beach, FL 32176, 904-677-4000

28 APR, USPC Spring Classic Push Pull BP/DL (Seminole, OK) Shane Williams. RT. 1, Box 149, Wewoka,

5 MAY, ADAU 19th Drug Free New Jersey Raw Pl & Raw BP/DL, Joe Pura, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695 12 MAY, AAPF Florida State

PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

12 MAY, USPF Collegiate Nationals (Beaver College - Glenside, PA - open to full time graduate and undergraduate college or university students) Rob Keller, Box 829, Ambler, PA 19002, 215-542-

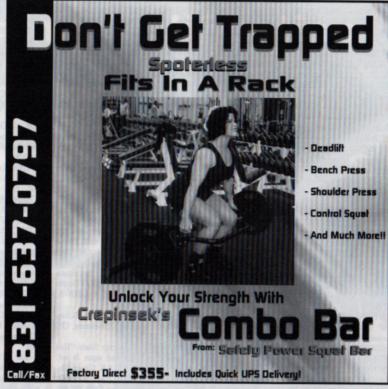
rhk@bellatlantic.net 13 MAY, 6th USPF Ameri-13 MAY, 6th USFT American Open BP & PL (Beaver College - Glenside, PA) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@bellatlantic.net

18-20 MAY, APF Master, Submas ter, Junior, Teenage Nationals, Russ Barlow, 175 Kennebec TR., Turner, ME 04282, 207-225-5070 or Shane McKenna 207-442-0180

2 JUN, APF Florida State Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

8-16 JUN, 2001, World Police & Fire Games, Union Station, 39 Jackson Pl. #300, Indianapolis, IN 46225, 317-327-2001, 222.2001 wpfg.org. 30 JUN, Intl. Bavaria Cup DL (women, men, jr., master, team) Karl Greiner, Flurstr. 25, 84032 Landshut, Germany 0871-77575, greka@t-

JUN, WNPF American BP & DL Nationals (men, women, masters, jun-ior, teen) Brian Washington, BOX



20042, Baltimore, MD 21284, 410-265-8264, ecpower@bellatlantic.net 7 JUL, APF Florida Push/Pull in Memory of Lawrence Monberg, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176,

904-677-4000 12-15 JUL, USAPL Men's Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672

21 JUL, WPO (TM) Semi-Finals Qualifier (location tba) Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000 8 SEP, WPO (TM) Bench Bash for Cash,

Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000 SEP, USAPL Bench Press Nationals, Ed & Frank King, 24775 Au-rora Rd., Bedford Hts., OH 44146,

440-439-5464 OCT 2001, AAU Worlds (Mayaguez, PR) Nestor Gregory, PRPF, Las Villas Park Rd. 142, Ramey, Aguadilla, PR 00604, 787-890-4636

3 NOV, AAPF Southern States PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach. FL 32176, 904-677-4000

17 NOV, 2nd annual WPO (TM) Pro-fessional PL Championships, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000 17 NOV, ADAU Raw Drug Free North American BP, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695 1 DEC, APF Southern States Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

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P.P.S. Italicized entries in this listing are new competitions or updates to previous entries.

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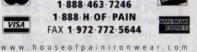
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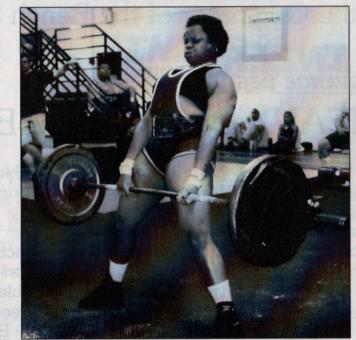


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APA Glen Burnie Open 07 MAY 00 - Glen Burnie, MD

BENCH		S. Rawlinson	350
WOMEN		D. Lawrence	315
Master 40+		R. Pope	305
J. Sturniolo	135	242	
Grandmaster 604	-	D. Magistrelli	410
D. Mikoloski	95	M. Brown	405
Under 148 lbs.		M. Gray	
R. Lucchesi	145	275	
Over 148 lbs.		S. Pagtakhan	600
K. Roberts	265	J. Richardson	375
J. Rhodes	165	DEADLIFT	
TEEN		WOMEN	
N. Denny	315	Master 40+	
J. Flemembaum	260	J. Sturniolo	260
J. Kisemore	235	Master 60+	
JUNIOR 20-23		D. Mikoloski	225
C. Brenneman	445	TEEN	71/65
C. Martin		D. Armstrong	415
SUBMASTER 33-	39	JUNIOR	ma
J. Snyder		C. Brenneman	650
M. Gray		C. Martin	405
MASTER 40-49		MASTER 50-59	
M. Sanders	400	W. Downey	460
S. Dokes	380	D. Junkins	360
M. Evans	385	MEN	
MASTER 50-59		OPEN	
S. Rawlinson	350	181	
W. Downey	330	M. Martin	405
D. Junkins	235	220	
MEN		G. Petrides	570 500
OPEN		R. Pope	420
148	-	D. Lawrence	420
L. Saez	280	242	650
181		C. Brenneman	500
D. Morrissey	385	M. Brown	500
M. Martin	280	275	715
198	450	S. Pagtakhan SHW	/13
J. McVicar	450	I. Sauter	700
220	-		
BEST LIFTER: SH	erwin	Pagtakhan (BP);	Sherwin

Pagtakhan (DL). Referee's: Wendy Edwards, Lest Scott Taylor. Meet Coordina Technical Assistant: Justin anks to Gold's Gym for provid Special thanks to Gold's Gym for providing a great meet site and Julie Scanlon for coordinating a great event. Several records were set and some nice lifts registered. Big Sherwin Pagtakhan took home best lifter awards in the bench press with a 600 lift and the deadlift with a 715 pull. Junior lifter Chad Brenneman pulled a nice 650 Junior record and got 685 all the way up when he lost his grip on the bar to a callous tear. He would have easily pulled 700 had it not been for the injury. A large crowd gathered to watch the event. The lifters enjoyed having Cant, Kirk Karwoski present to assist them. gathered to watch the event. The lifters enjoyed having Capt. Kirk Karwoski present to assist them. A great day was had by all. (Thanks to Scott Taylor for providing these competition results to PL USA).



Kathy Roberts deadlifted 430 lbs. with no equipment and won first place in the APA Glen Burnie Competition. (Courtesy of K. Roberts).

03 101	00 -	New York, N	
BENCH		Master	
Open		181	
198		G. Galperin	248
L. Amoroso	419	220	
D. Erbe	314	P. Early	353
242		275	
R. McDaniels	424	J. Rowan	424
308		S. Rabitz	342
F. Borrero	540	308	
		B. Brauner	441
Pre-Teen	SQ	BP DL	TOT
114			
I. Monk	127	160	

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Parents Initial

If Under 18 yrs.

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Judith_Cedney@ccmail.wiu.edu.*

181				
J. Montero	375	287	485	1147
A. Heaphy	557	364	573	1494
D. Schoen	325	226	430	981
220 F. Ramie	402	365	529	1295
242		-		
F. Casillas	551		601	1152
275 R. Capoccia	606	375	568	1549
Master	-			
148	mon			****
D. Corsi 242	365	270	469	1103
H. Siegel	380	243	402	1025
275	(22	142	546	1212
D. Pollio TEEN & PRE-TE				
ing teen lifter)	- Sergio I	Marrero	with a c	coefficient
wolaht of goo Il	SO-22	1 lb. RD.	- 158 lb	·DI = 221

weight of 800 lb. SQ =321 lb; BP = 158 lb.; DL = 321 WOMEN'S OPEN BEST LIFTERS: Total (Outstanding Female Lifter) = Michele Bertoli with a coefficient weight of 586; SQ = 104 lb.; BP = 150 lb.; DL = 331 lb. MEN OPEN BEST LIFTERS (Senior 13+) - 331 lb. MEN OPEN BEST LIFTERS (Senior 13+)
Total (Outstanding Male Lifter) - Andrew Heaphy
with a coefficient weight of 875 lb.; SQ = 326 lb.;
BP - Frank Borrero with a coefficient weight of 275
lb.; DL - Andrew Heaphy with a coefficient weight
of 335 lb. MASTER BEST LIFTER: Total (Outstanding Master Lifter) – David Corsi with a coefficien weight of 824 lb.; SQ – Dan Pollio with a coefficien weight of 328 lb.; BP – Bill Brauner with a coeffi cient weight of 222 lb.; DL - David Corsi with a coefficient weight of 350lb. Summer Classic 2000 Outstanding Lifter Award - Michele Bertoli. Michele's Deadlift of 314 lbs. is a new APA/WPA

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I Certify that

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the above answers

Chris Brenneman (L) congratulates Sherwin Pagtakhan on his best lifter accomplishment at the APA Glen Burnie Meet (photo by Taylor)

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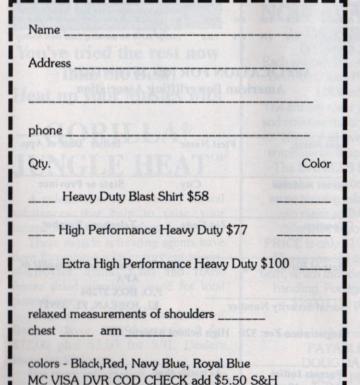


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Priscilla Sanchez- CA State Record; Jr. W16-17. (S. Denison)

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Andrew Lopez*	248*	170*	242*	661*
Steve Kato* 198 lbs	440	303*	402	1146
	407	363*	512	1283
Michael Brown	352	286	485	1124
Men's Masters 40 275 lbs	-44			
Kenneth Scott	485	468	606	1559
Men's Masters 45- 220 lbs	49			SANO
Ruben Arredondo	473	352	473	1300
242 lbs		100		
Delmer Brown	501	341	501	1344
275 lbs				
Gary Ridgeway	462	352	479	1294
Men's Masters 50	-54			
242 lbs	040	-		
Steve Hallman 308 lbs	242	231	308	782
George Brink*#	611	402	777*#	1791*
Men's Masters 54 181 lbs	-59			
Edwin Hill	132	275	264	672
Men's Masters 60- 275 lbs	64			116
Danny Herrera* Clinton Haflich	402	369*	402	1173
* Denotes Californ	ia State	Record	(Sanche	z-Junio
woman (16.17) cou				

women (16-17) squat, bench, deadlift & total record; Cano- Junior men (13) squat bench, deadlift, & total record; Eliot-Junior men (20-23) squat and total record; Elopez-Submaster squat, bench, deadlift & total record; Kato- Submaster bench record; Brink - Master deadlift & total record; Herrera- Master bench record. #Denotes American Record (Brink-Master 50-54 deadlift record. Best Lifter Women - Lisa Denison, Best Lifter Men- Light - Scott Layman, Best Lifter Men- Heavy- Jesse branham. This year's USPF CA State Championships were held at the Best Western hotel in Bakersfield, CA. We had a well-run meet, and everyone had a great time. Our USPF CA State Championships were held at the Best Western hotel in Bakersfield, CA. We had a well-run meet, and everyone had a great time. Our Special Olympic lifters, Matt Prinster and Kevin Ezell once again displayed their commitment and enthusiasm for the sport. They lifted very well and really had the crowd behind them. In her first full Powerlifting meet, sixteen year-old Priscilla Sanchez was very impressive setting state and personal records. A dedicated lifter, she left the meet and still managed to make it to her prom on Saturday night! Co-meet director, Lisa Denison won the women's 148 lb. class with a PR squat, deadlift and total. She also took home the Best Lifter award for the women. Mary Pennington won the 181s and continues to improve. Disa Hatfield had her team cheering her on as she won the 198 lb. class. Saturday's competition also included the Men classes 132 to 181. Andrew Lopez, the lone competitor in the 132 lb. submaster class struggled a little with the squat then came back and went 5 is state referee test. Steve Kato won the submaster of the three classes 132 to 181. Andrew Lopez, the lone competitior in the 132 lb. submaster class struggled a little with the squat then came back and went 5 is year-log logical to the process. Scott Layman impressed the crowd with some monster lifts. Missing his first 540 lb. attempt in the squat, the came back and nailed his second to get in the went of the squat, the came back and nailed his second to get in the squat, the came back and nailed his second to get in the meet. He ended the day with a 529 lb. deadlift, went home with the Best Lifter-was well. Ruben at 190 lb. class and set at state record with a 303 lb. bench. Feeling a little under the weather didn't with a square did total. John Bostick took second place in ble determination and went home with state records in the process. Scott Layman impressed the crowd with some monster lifts. Missing his first 540 lb. attempt in the squat, the came back and nailed his second to get in the square proc

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54 class with a 7/7 lb. deadlint, and went for 804 on a fourth attempt but it was just a little too much for him. Huge thanks go out to our referees: Don Haley, Fran Haley, Vic Elliott, Ken Wheeler, Roger Bolton, Kevin Meskew, Steve Denison, Lisa Denison, Kelli La Mantia and Chris Kostas. Spotters/Loaders:

220 lb. class and Best Lifter Heavy as well. Ruben Arredondo won the 540 lb. 45-49 class with a 1300 total. Five lifters competed in the 242 lb. open class. Steve Landry took home the honors, with a fierce effort and his family cheering him on. UCLA strength coach, Darin Lovat made a comeback to the platform and lifted well, taking second place. Both Brad Trujillo and Bill McCaslin dropped a weight class since last year's state meet, and had good numbers to show for it. Kevin Westbrook had an 8 for 9 day and also lifted well. Delmer Brown won the 242 lb. 45-49 class and Steve Hallman took the 242 lb. 50-54 trophy. First time competitor, Andrew Austin took home the win in the 275 lb. class. We're looking forward to some big lifting in the future from this guy. Frequent bench press competitor, Kenneth Scott proved that he's got what it takes for a full meet too with a win in the 275 lb. 40-44 class. Clinton Hallich had trouble with depth on the squat, but we're sure to see him again. Making a comeback to three-lift competition, Danny Herrera set a state record with a 369 bench in the 275 lb. 60-64 class. After taking the CA state referee test on Saturday, Gary Ridgeway came back on Sunday and won the 275 lb. 45-49 class. Once again, "The legend of George Brink" (just kidding George) wowed the crowd with his outstanding lifting. He set state records in the deadlift and total. He set an American record in the 308 lb. master 50-54 class with a 777 lb. deadlift, and went for 804 on a fourth attempt but it was just a little too much for him. Huge thanks so out to our referees: Don Kelli La Mantia and Chris Kostas. Spotters/Loaders: Joe Jano, Warren Woolsey and Steve Elisondo. Scorekeepers: Krishna Kostas and Kelli La Mantia. We'd also like to thank those who helped out with the attempt board. Our deep appreciation goes to Chuck La Mantia for announcing with his usual crowd-pleasing style. Many thanks as well to our sponson; Wheelers Fitness Equipment, Inzer Advance Designs, Wright's Power Promotions, Digital Disc. Jockeys, Powerlifting USA Magazine, and LazerPro Engraving. Results-Steve Denison. (Thanks to Steve Denison for providing the meet results).



Competitors at the May 20, 2000 AAU Big Dawg Bench Press Record Breakers: (Front Row: Left-Right) R. Murray, R. Murray, Z. Tohafjian, D. Murray, J. Murray, J. Sykes, B. Bennett. (Back Row: Left-Right) J. Cottrell, D. Kingwater, S. Carter, T. Ryrko, S. Rogers, J. McAllister, J. Wood, M. Hancock, S. McKenzie, V. Dratt. I. Smith. W. Carroll. (This photograph was provided to the POWERLIFTING USA by Michelle Rogers).

Diall, J. Si	mui, i	vv. Ca	rion.	mspi	iotograpiiwa	s pi o	idea		O.D.
					Bob Todt	340	230	430	100
Women Asst. 129					Don Levesque	320	180	420	920
	205	110	250	565	B. Frost	135	310	225	670
P. DeHotman	203	110	230	303	D. Mansfield	475	225	505	120
148	300	170	340	810	W. Andrews	450	310	600	136
T. Leonard	300	170	340	010	Men Open Asst.	450	3.0		
165	280	165	290	735	C. Peters	485	350	515	135
S. McKinley	350	160	425	935	B. Micula	450	290	460	120
Susan Pike	330	100	423	933	J. Ascani	570	370	600	154
181			340	780	Al Bianchi	685	405	650	174
S. Sandvoss	315	125	340	780	leff Dowst	475	390	540	140
220			200	000	S. Michelson	450	305	480	123
M. Barba	320	185	356	855	A. Monaco	560	420	525	150
Mens Sub Mast				****	R. Chance	550	340	580	147
D. Lindahl	350	320	435	1105		630	365	580	157
C. Peters	485	350	515	1350	D. Jeffers	555	430	475	146
joe Ascani	570	370	600	1540	T. Mancini				136
Joe Walsh	405	300	400	1105	W, Andrews	450	310	600	130
S. Michilson	450	305	480	1235	Men Open Raw				
G. Coughlin	550	360	600	1510	Ray Houle	400	256	485	113
T. Mancini	555	430	475	1460	E. Christian	315	275	425	101
Men Masters As	sst.				G. Holmes	500	315	500	131
D. Dwyer	310	160	400	870	A. Monaco	560	420	525	150
W. Smith	500	330	475	1305	A. Mernedes	560	370	530	146
D. Mansfield	475	225	510	1210	F. Conversano	405	320	500	122
B. Frost	135	310	225	670	R. DeRusha III	540	245	500	128
T. Gazda	440	275	545	1260	W. Andrews	450	310	600	136
WOW	-	10000			Special thanks to	o the M	lassachi	usetts A	AU, I
W. Andrews	450	310	600	1360	Larson for all his	help. D	ennis B	rennig f	or a
Men Masters R		-		1000	derful job annou	incing a	nd keep	ing thin	igs or
Ray Houle	400	250	485	1135	move. Last but r	ot leas	Doug	Hicks an	nd Sh
D. Dwyer	310	160	400	870	Road School for	the use	of their	wonderf	ul fac
I Rarrows	330	280	515	1125	The 2nd annual	New Ha	mpshire	State /	MU 2

Powerlifting Championship sponsored by Rob & Megan Dion and Executive Wellness Health Center, home of "The Steel Room", was glad to see the amazing participation and great camaraderie amongst our competitors. The meet slogan was "Lift Clean, Lift Heavy!", and boy did they. We were happy to have 50 competitors in a wide range of classes for this full meet. Many rivalries were challenged. With a crowd of 200 spectators the noise level for the competitors was outrageous. Many state records were set and some were broken. We had one horrible accident with a truly dedicated competitor Scott Knight who had a double knee blow out with a 710 pound squat. Scott is Nashua High Schools Strength Coach and dedicates many hours to helping young individuals from that area. We hope a speedy recovery for a great competitor. Andrews Gym of Nashua, led by Wayne Andrews, finally ousted the much revered Galaxy Gym of Laconia, led by Wayne McClay, for the first place team trophy with only a three point split. All Bianchi from Clinton, MA weighed in at 218 and won the Men's Best Lifter Award with a massive total of 1700 pounds. Sue Pike from Wolfboro, NH weighed in at 150 and won the Women's Best Lifter Award with an incredible total of 935. We look forward to our future AAU meets here in New Hampshire, and with an incredible total of 935. We look forward to our future AAU meets here in New Hampshire, and hope to increase the sports popularity in New Hampshire, the Live Free or Die State. (Thanks to Executive Wellness Health Center for providing these competition results to the *Powerlitting USA*).



35-39
*INDICATES NEW YORK STATE RECORD The Big

INDICATES NEW YORK STATE RECORD The Big Dawg Bench Press Record Breakers; the title says it all. A great day of bench pressing took place; 12 yr. old Ryan Murray 123# class took first place in his second meet with 65#. Then 12 yr. old 165# lifter Zach Tohafijan with a state record of 110# bench. Jamie Sykes in the 148# RAW class with a fine 200# bench. Vern Dratt 181# 60-64 RAW class with a total record of 240#. Then Bill Bennett 181# 18-19

bench. Vern Dratt 181# 60-64 RAW class with a state record of 240#. Then Bill Bennett 181# 181-9 class with a fine 250# bench. Then my good friend John Murray 181# 35-39 class with a state record of 340#. Welcome back John after a long time off. Scott McKenzie 198 RAW 20-23 class set a state record with 310# Jessie Cottrell 198# RAW with a state record of 335#. Tony Ryrko 220# 18-19 RAW with a state record of 345#. Jonathan Smith 220# 20-23 class with a first place 285#. Wayne Carroll 220# 40-4 class just missing his own state record with a 395# bench, next time Wayne you'll do it. Next, John McAllister 220# 50-54 with a new state record of 385#. Dave Kingwater in the 242 OPEN with a fine first place 455# coming off an injury. My buddy RL Murray 242# 35-39 class with a state record of 465#, it is great to see him lift good after

AALI Now Userships States

AAU NE				
22 APR				
AU Teen Men	SQ	ВР	DL	TOT
A. McCann	210	115	315	640
N. Dore	345	200	365	910
G. Durso	420	250	360	1030
R. Marrama 242	495	335	525	1355
B. Luce	495	340	455	1290
G. Levasseur AAU Junior Men 181	450	220		
A. Solomine	325	235	425	985
. Deal 220	405	275	530	1210
R. Yee	555	385	655	1595
C. Frost 275	400	220		
leff Joyce	700	370	575	1645

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ANNUAL MEMBERSHIP DUES		"AB" Fee	Adult Athletes i Baseball, Biathlon, Kayak, Gymnastics	in the Following Sports: Basketball, Broomball, Cycling, Modern Pentathlon, Multi-Even Non), Physique, Softball,	20.00 nts	23.50
Youth Athlete Coach Volunteer or Official Adult Athletes in the Following Sport	12.00 12.00	14.00 Not Available 12.00	Surfing, Trampoline Adult Athletes Field Hockey, Flag	e & Tumbling, Triathlon, and Wei in the Following Sports: Football, Hockey (Ice and Roller ater Polo and Wrestling.	20.00	25.00
Aerobics, Badminton, Baton Twirling, Bowling, Diving, Fencing, Golf, Jump Rope, Physical Fil Challenged, Racquetball, Rowing, Sailing, Squ Swirming, Table Tennis, Tennis, Track & Fiel	Canoe, Cross Count tness, Physically lash.	ry.	Adult Athletes	in the Following Sports: ts. Judo, Jujitsu, and Karate in Do Athletes	Not Available 20.00 30.00	25.00 Not Available 35.00
AAU National Headquarters c/o The Walt Disney World Resort	SPORT CODE	ASSOCIATION CODE	CATEGORY	CHECK ONE: Athlete C	12/27 12/20	22 63 66
PO Box 10,000 Lake Buena Vista, FL 32830	a william	, specular	Club No.:	Club Name:	E-Mail	NOE
THE AMATEUR ATHLETIC UNIC	ON OF THE UNITE	D STATES, INC.	ARE YOU ALREADY	COVERED WITH HEALTH & ACCID	DENT INSURANCE?	☐ Yes ☐ No
Date of Birth Age Sex	cation Date Social	Security Number	procedures and	bound by the AAU Co	not limited to: bin	ding arbitration
First Middle	Last	DH BINE	membership du	se and indemnity of the ues, I certify that I have n	never been convid	cted of any se

approval) through the AAU National Office.

NOTE: Parent/Guardian signature required if member under 18 years old

MAIDE N. 4		PP /P1 //PO14					
		BP/DL/IRON		HUNTER	455	NOVICE	
06 MAY	00 - 4	Atlantic City, N	1	CHERRY	385	BAILEY	485
BENCH PRESS		40-49 RAW		40-49	303	33-39	403
WOMEN		BOVE	300*	HUNTER	455	SANDERS	610
123		WITMER	250	CHERRY	385	LIFETIME RAW	610
50-59		50-59	230	FOSTER	380	BAILEY	485
KELLEHER	100	MITSOPOULOS	390	BROWN	280		485
SHW		50-59 RAW	350	POLICE	200	NOVICE RAW	400
OPEN RAW		SMITH	260	GREEN	395	BAILEY 50-59 RAW	485
BETHEA	205	70-79	200	SHW	393	SMITH	515
NOVICE RAW		POWER-WATERS	230	LIFETIME RAW		220	313
BETHEA	205*	NOVICE	230	KOCHER	415	9-11 RAW	
33-39RAW		LUCKY	350	33-39 RAW	413		***
BETHEA	205*	NOVICE RAW	330	KOCHER	415	FERRELL	180*
MEN	203	JOHNSON	350	33-39	413	LIFETIME RAW	
114		POLICE	330		F00	THOMAS	675
12-13 RAW		LUCKY		LOPEZ	520	LIFETIME	
KOCHER	110*		350	40-49 RAW	***	SAUNDERS	680
132	110	220		SEMMONS	405	FRITZ	570
LIFETIME		20-23 RAW		POLICE RAW		OPEN	-
FOLKEN-BL	365	SCOTT	385	KOCHER	415	SAUNDERS	680
165	303	OPEN RAW		DEADLIFT		FRITZ	570
		MCCLAIN	420	WOMEN		40-49 RAW	
17-1 9 RAW	205	BROWN	380	148		THOMAS- BL	675*
KELLY,M.	295	FRITZ	380	NOVICE		50-59	
KELLY,E.		LIFETIME RAW		BARNHILL	225	CINELLI	365
LIFETIME		PAYNE	355	MEN		50-59 RAW	
JOSEPH	395	KAHN	320	165		CINELLLI	365
GATTINELLA	305	40-49 RAW		LIFETIME RAW		POLICE	
33-39	010	RAWLS	325	JOSEPH	365	CINELLI	365
SANFILIPPO	360	50-59		OPEN RAW		POLICE RAW	
OPEN RAW		COTE	430*	JOSEPH	365	CINELLI	365
JOSEPH-BL	375*	RISI	310	181		242	
LARA	360	NOVICE	200	17-1 9 RAW		POLICE	
WRIGHT	350	RISI	310	WRIGHT	335*	VAN DRIGHT	405
HENDERSON	315	POLICE RAW		LIFETIME		NOVICE RAW	
LIFETIME RAW		MILTENBERGER	370*	KAFETZIS	500	HARRIGAN	205
LARA	360	242		NEIMAN	480	275	
40-44 RAW		17-19 RAW		OPEN		40-49	
HENDERSON	315*	HERNANDEZ	285	EISEMAN-BL	650	FOSTER	575
POLILLO	280	20-23		OPEN RAW		40-49 RAW	
181		LORANZO		ROBINSON	400	BROWN	390
17-1 9 RAW	- 12	LIFETIME RAW		50-59		OPEN RAW	
WRIGHT	210	FEEHAN	460	SCARANDA	475	FERRELL	650
20-23 RAW	N. P. St. of St.	OPEN RAW		198		POLICE RAW	
WALLACE	395	FEEHAN-BL	460	OPEN		FERRELL	650
LIFETIME RAW	THE SHAPE	OPEN		WILLIAMS	450	SHW	
WALLACE	395	MAHER-BL	525	LIFETIME		OPEN RAW	
LIFETIME	April 1	TAYLOR	410	BAILEY	485	HOOLEY	610
ACADI	205						

BAILEY IRONMAN WOMEN

KENNEDY

33-39

FRITZ

50-59 RAW

AREA CODE, TELEPHONE: _____ DATE OF BIRTH _____

AGE ______ SEX _____ CHECK ONE: LIFETIME DRUGFREE _____ 5 YRS, MIN.

I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

KINGURE 17-1 9 RAW

KELLY,M.

OPEN WARSHANY-BL

POLICE RAW

460 440

525*

470 410 385

160

475*

455 385

World Natural Powerlifting Federation (WNPF)

FEEHAN

MAHER

DOWERS

ED'WARDS

VAN DRIGHT

NOVICE RAW

HARRIGAN

FERNANDEZ

LIFETIME

POLICE

WIGGINS

FEDEROWICZ

33-39 RAW

385

395

400

305

265*

425 275

425 33-39

375 HUNTER

Membership Registration

LAST NAME

STREET ADDRESS

CITY, STATE, ZIP __

REGISTRATION FEE

\$30.00 ADULTS

\$10.00 SPECIAL OLYMPICS

SIGNATURE / PARENTS SIGNATURE IF UNDER 18

\$15.00 HIGH SCHOOL

375* OPEN

AFARI

FATTA 40-49 BRAGAR

LIFETIME

DALZELL

OPEN DALZELL

PATRICK 33-39

PATRICK

ROBINSON

33-39 RAW

198 14-1 6 RAW

OPEN RAW WALLACE

MNDF Natural	0

North American Team Champions- (front row- left to right) Cheryl Bethea, Earl Hunter, (Back row-left to right) John Mitsopoulos, Clyde ndez, Mike Lucky, Herman Patrick, graphs provided courtesy of WNPF).

Bethea (coa ames Caper DCKER 19 HDERS HOERS HOERS HOERS 19 LIJAMS 19 RAW TH			
EN DCKER 39 HDERS DCKER 19 LIAMS 59 RAW	350 325 350	550 610	900 935
OCKER 39 NDERS OCKER 19 LIAMS 59 RAW	325 350	610	935
OCKER 39 NDERS OCKER 19 LIAMS 59 RAW	325 350	610	935
S9 NDERS OCKER 19 LIAMS 59 RAW	325 350	610	935
DCKER 19 LIAMS 59 RAW	350		
DCKER 19 LIAMS 59 RAW	350		
LIAMS 9 RAW			
9 RAW	260		
		450	710
TH			
	260	515	775
VICE RAW			
NILY	365	435*	800
3 RAW			
ЭΠ	385	535	920
TIME RAW			
CHY	390	500	890
9 RAW			
CHY	390*	500	890
9 RAW			
ET DON	330	560	890
4			
	360*	430*	790
	420	575	995
	420	3/3	993
V			
N			
	430	610	*1045
HLAK	130	0.0	1045
	N RECORD	BL- BES	T LIFTER
NET AMERICA!			
֡	N OLEY HLAK NPF AMERICAN	TIME NN 9 RAW NZO 420 N ZARELLI V N OLEY HA30 HLAK NPF AMERICAN RECORD,	TIME 9 RAW 9 RAW NZO 420 575 N ZARELLI V N OLEY 430 610

220 380

315 425

295 400

390 525

160* 340

FIRST NAME ______ INT. ____

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:

WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214

(memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)

RECTIFY, 3rd-MANS WORLD GYM. 104 LIFTERS COMPETED IN THE 2000 NORTH AMERICAN CHAMPIONSHIPS AND TWO LIFTERS CAME FROM ENGLAND AND IRELAND TO BATTLE ACAINST THE USA LIFTERS. WE HAD A FEW LIFTERS BOMB OUT AND MANY LIFTERS PUT ON A GREAT SHOW. CONGRATS TO THOSE LIFTERS THAT SET NEW RECORDS FOR THE WNPF AND TO THE FIRST TIMERS THAT HAD THE GUTS TO STEP ONTO THE PLATFORM, THANKS TO ALL THE LIFTERS AND SPECTATORS THAT SUP-PORTED THIS EVENT. THIS WAS A QUALIFIER FOR THE 2000 WORLD CHAMPIONSHIPS IN BALTIMORE AND DAYTONA. ALL FIRST AND SECOND PLACE FINISHERS NOW HAVE A CHANCE TO PUT IT ALL ON THE LINE AT THE WORLDS. THANKS TO THE WALLACE FAMILY FOR SPOTTING AND LOADING, THANKS TO THE OFFICIALS AND OTHER WNPF STAFF, YOU ARE THE BEST THANKS TO MATT SAUNDERS FROM ENGLAND AND JOHN FEEHAN FROM IRELAND FOR COMING TO THIS MEET. (WNPF) (Thanks to WNPF for providing these meet results).

Teen 123

198 M.Albright

Novice 181

B. Birbeck J. McCullot 275

Open K. Pitts Master 165 C. Luprette Law/Fire 165

C. Luprette

G. Dillon

220 C. Smith

242 F. Silva, J L/F MST

H. Cull

198 M. Godawa

V. McIntyre

G. Gutierrez

F. Silva, Jr. P. Parnell

J. Stewart SHW F. Lopez T. McKinney M. Ned SUBMASTER

T. I. Hobson

OPEN

170

115

75

75

82.5

T. Kocurek

. Justice

V. Turco

T. lustice

Teen 123

160 M. Albright

135 M. Johnson

192.5 S. McElroy

157.5 J. Mendoza

R. Oglesbe

162.5 C. Smith

F. Lopez 167.5 Submass

190 T. Hobson

300

220

142.5

175 SHW

192.5 275

272.5 165

292.5 220

137.5 242

220
D. Flunker
182.5
The WABDL Texas State Bench Press and Deadlift Championship was held April 9th at the Clarion Hotel in Houston, Texas. Bob & Edi Garza were the meet directors and had fantastic trophies. They put on a first class meet. First in the Bench Press. In age 13-15, Travis Kocurek, at only age 12, put up 88 lbs. Vinny Turco put up 165 lbs for a Texas State Record at 123 and the win. Travis Godawa from Louisiana set a Louisiana State Record with 220 lbs at 132 lbs. Joey Cohen rammed up 25.5 at 165 in Teen 16-19. Sean McElroy put up a Texas State Record of 298 in 13-15 275 lbs. In Teen 16-19, Matt Albright did 319 at 198 lbs. Mark Johnson did 341.5 at 242 lbs. In Class 1 at 181, Gabino Chavarria did 292 for a Texas State Record. At 220, Casey Smith did 297 for a Mississippi State Record. At 242 Bruce Birbeck put up 385.75 for a Texas State Record in Junior, at 242, Jason McCullough did 363.75 for a Texas State Record and Mac Sandford won at 275 with 375.75. In Women's Open, Kimberly Pitts did an impressive 253.5 in the unlimited division and law/fire master. In Women Master, Camelia Luprette set two Texas State Record at 165 with a 165 press. In Law/Fire Submaster, Renee Oglesbee set a Texas State Record at 181 with 181.75. In

165 press. In Law/Fire Submaster, Renee Oglesbee set a Texas State Record at 181 with 181.75. In

217.5 J. Hirt

E. Diaz

S. Rosenberg F. Silva, Sr.

W. Cooper, Sr. 300 190 305 202.5 T. McCullough 332.5

155 181

210

W Law/Fire

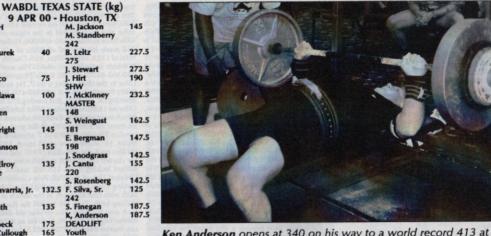
Junior 181

Jim Auer	195	Jason Messer	270
140		Clint Martin	250
Mark Auer	220	Levi Braach	235
148		Tom Gruber	210
Sloan Bauer	240	181	
Brandon Vauthier	240	Ryan Cobb	275
Travis Clark	215	Kristian Peterson	260
A J Grauberger	185	Brian Patterson	225
156		189	130
Jarett Laden	285	Levi Dauenhauer	325
Jake Auch	260	Blake Johnson	290
Brad Coyne	255	Marc Boutilier	250
Brian Hughes	240	Thomas Wheeler	250
165		198	
Josh Klocke	255	Sean Hammond	300
Michael Lewis	250	Al Peterschick	210
Colton Shandley	240	Larry Mc lihargey	205
Jake Kiggins	235	220	
Gregory May	230	Nate Chiovaro	300
Jesse Matson	225	Nicholas Didier	260
Sam Pfahler	220	Hvwt	
Cody Iddings	185	Eric Norton	340
Jason Hawley	180	Dan Mc lihargey	290
		Nick Gallagher	270

Nick Gallagher 270
Best Lifter under 165 pounds; Jarett Laden; Best
Lifter over 165 pounds: Levi Dauenhauer; Most
Improved Lifter; Jason Messer; Most Weight Lifted;
Eric Norton, Best Lifter under 165 pounds; Jarett eric Norton, Best Lifter under 165 pounds: Jarett Laden Best Lifter over 165 pounds Levi Dauenhauer Most Improved Lifter: Jason Messer Most Weight Lifted: Eric Norton Judges: Mark Palagi, Ray Dayon, Ed Delaney, Head Scorer: Ron Hanson, Assistant Scorer: Frank Moreni Spotters: Russ Marchion, Dave Calle, Scott Morley. Weigh In: Todd Schmidt Score Board: Safron Marchion, Mandy Guhlke Announcer: Chris Marchion, 41 lifters competed in the tenth annual Mosters Science 164. Announcer: Chris Marchion. 41 lifters competed in the tenth annual Montana State High School Bench Press contest held in Anaconda at the Memorial Gym on May 7th. Sean Hammon became a two time state champion by winning the 198 pound class. Last year he was the winner in the 189 pound class. Jason Messer not only moved up a weight class but he improved his best performance by 30 pounds to finish with a state champion title and the most improved lifter award. (Thanks to Chris Marchion for providing the results for this meet).

Montana State High School BP 07 MAY 00 - Anaconda, MT

Jim Auer	195	Jason Messer	270
140		Clint Martin	250
Mark Auer	220	Levi Braach	235
148		Tom Gruber	210
Sloan Bauer	240	181	DAY.
Brandon Vauthie	r 240	Ryan Cobb	275
Travis Clark	215	Kristian Peterson	260
A J Grauberger	185	Brian Patterson	225
156		189	P. Tarret
Jarett Laden	285	Levi Dauenhauer	325
Jake Auch	260	Blake Johnson	290
Brad Coyne	255	Marc Boutilier	250
Brian Hughes	240	Thomas Wheeler	250
165		198	
Josh Klocke	255	Sean Hammond	300
Michael Lewis	250	Al Peterschick	210
Colton Shandley	240	Larry Mc lihargey	205
Jake Kiggins	235	220	
Gregory May	230	Nate Chiovaro	300
Jesse Matson	225	Nicholas Didier	260
Sam Pfahler	220	Hvwt	
Cody Iddings	185	Eric Norton	340
Jason Hawley	180	Dan Mc lihargey	290
		Nick Gallagher	270



Ken Anderson opens at 340 on his way to a world record 413 at 61-67, 242 lb. (photographs provided courtesy of Gus Rethwisch)

Men's Law/Fire Open, at 198, Gregory Dillon set a
Texas State Record with 252.5. At 220, Casey
Smith set a Mississippi State Record with 297. He
and, also, set one in Class I. At 242, Flip Silva Jr. put
up 424 way shy of his state record of 462. In Men's
Law/Fire Master, Mike Godawa set a Louisian
State Record of 347 at 198. Keith Barbier did 341.5
Steve Tillman set 127.5 Law/Fire Master, Mike Godawa set a Louislana State Record of 347 at 198. Keith Barbier did 341.5 at 220. Vernice McIntyre, Jr. set a Texas State a world record at 105 lbs., with a State Record of 418.75 at 242. He, also, holds the Texas 105 lbs., with a State Record at 275 with 436. At Super, 315 lbs Bill 123 deadlift. At 124 lbs. Sheldon keeps steadily improving. At 181, Gabe Gutterrez did 358.75. He holds the Texas State County of the World Feore of At 18.75. At 242, Flip Silva, Jr. did 424 to finish 2nd to Patrick Parnell's 479.5. At 275, john Stewart did a great 600.75. He's the world record holder at 18.75. At 242, Flip Silva, Jr. did 424 to finish 2nd to Patrick Parnell's 479.5. At 275, john Stewart did a great 600.75. He's the world record holder at Texas State Record with 231. At 275, Sean McElroy set a Submaster 275 with 611.75. In Super, some impressive lifts were registered. "Big Ned", Mark 302.5 Ned, to be exact put up 644.75 to tie his Louislana State Record. Thomas McKinney did 512.5 for 2nd and Fred Lopez was 3rd with 501.5. In Submaster 127.5 181, Tyler Hobson shoved 303. At 198, EdWilkinson did 446. He holds the Texas State record of 490. David Muntz was 2nd with 418.75. At 220, Daniel 1924, Bobby Leitz set a Texas State Record with 501.5. At 275, John Stewart did 600.75 just short of his world record of 611.75. Junius Hirt, a great deallifter, was 2nd with 418.75. At Super, Thomas McKinney won with 512.5. In Master Bench, Sheldon Weingust set a Texas State Record of 388 In age group 40-46, 148 lbs class. In Master 47-53, Eric Bergman, at 181, did a Texas State Record of 388 In age group 40-46, 148 lbs class. In Master 47-53, Eric Bergman, at 181, did a Texas State Record of 462. In Junior Hirt, a great 186. Mark Albright set a Texas State Record of 462. In Junior Hirt, a great 186. Mark Albright set a Texas State Record of 462. In Junior Hirt, a great 186. Mark Albright set a Texas State Record of 462. I

Texas State Record of 551, at 181, and John Mendoza tied the National record at 198 with 667 and, of course, set a Texas State Record. In Women's Law/Fire Submaster, Renee Oglesbee set a world record at 181 with 281.75. In Law/Fire Men's Open, Casey Smith pulled a nice 600 at 220. For Open Men, Casey Smith beat Keith Jones 600.75 to 551, at 220. Keith did get a Texas State Record out of the deal, however. At Super, Fred Lopez pulled 650. In Submaster Men, Tyler Hobson set a Texas State Record with 413, at 181. At 220, Daniel Flunker, did 551 and at 275, Junius Hirt, pulled a Texas State Record of 661. He only weighed 253. In Master Men 40-46, 165 Enrique Diaz pulled a Texas State Record of 485 only 22 lbs shy of the world record. At 308, Tome McCullough, set a National Record with a great 733 pull. Anytime you're over 725, you're in the big time. In Master Men 47-53, at 198, Jim Snodgrass pulled a Texas State Record of 440.7. At 220, Steve Rosenberg pulled 551. At 242, William Cooper, 5r. at age 49 pulled a huge 661 for a world record. In age group 54-60, Felipe Silva, 5r. pulled 314, at 220 to the his Texas State Record. Thanks are in order to Bob and Edi Garza for running the meet and to the his Texas State Record. Thanks are in order to Bob and Edi Garza for running the meet and handing out great trophies. Their sidekicks were Charlie Turco and Larry Prinze. Larry was the meet coordinator. Kristi Van Akens was the score keeper. Tiny Meeker was everywhere helping. The Judges were Ken Anderson, Bill Lobins, Charlie Turco, and Bob Garza. All in all, it was a great meet. In a class venue - The Clarion Hotel and great trophies! (Thanks to Gus Rethwisch for these meet results).



Joe Cantu and Anthony Clark ... are at the WABDL Texas State Bench Press and Deadlift Championships.

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CW CO	100
110	1
THE ALL	-11
国際社会会	77
Condition of the second	

Application for Registration WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

Last Name	First N	lame		Initial	Renewal Y N	Current Card # (If Renewa
Street Address						Club Name
City		State		Zip		Area Code/Telephone
Current WABDL Classification	Referee Status World National State	U.S. Citizen?	Date of Birth	Sex M F	Today's Date	Card Issued By

Registration Fee \$15.00 Make checks payable to and mail to: WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS P.O. Box 5292 Bend, Oregon 97708

NOTE: All WABDL-sanctioned meets will be subject to drug testing.

In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

Signature___ If under 18, have parent initial __



Jon Gabriel Smoker (11 yrs. old) deadlifted 170 lbs. at 95 lbs at the Cabin Fever Meet (Smoker Iron)

11th C	abin	Fever DL/BP	
		- Goshen, IN	
BENCH	11 00	DEADLIFT	
242 lbs. Natural		181 lbs. Natural	
J. Casemier	345	L. Patrick	505
Masters (40+)	343	242 lbs.	303
I. Moore	350	I. Casemier	590
198 lbs. Masters		K. Slaughter	515
R. Cuny	330	97 lbs. Youth (10	
220 lbs. Masters		I. Smoker	170
I. Tafelski	225	WOMEN	.,,
275 lbs. Masters		148 lbs.	
I. Marsala	240	M. Druba	250
165 lbs. Novice		Masters (50+)	
B. Trosper	300	M. Wider	405
181 lbs.		242 lbs.	
L. Bontrager	260	G. Williams	600
J. Dewitt		181 lbs. Novice	
275 lbs.		L. Bontrager	405
I Marsala	240	I. Dewitt	400
198 lbs. Open		198 lbs.	
S. Carter	360	T. Gingerich	405
275 lbs.		198 lbs. Open	
M. Fry	380	S. Carter	625
		dan Yoder, Mike \	
		en, Barb Harris, Al	
		g and the old got th	
		abin Fever Deadlift	
		rge Williams is old,	
		as one of the older	
		a swift kick in the	
		age 50. At the other	
		Gabriel Smoker in t it of a breakthrough	
		nd finished with a	
		Last year's best lift	
		e was up to the 198	
		high ranking lift o	
but had to settle for	a very	nigh ranking lift o	16/5,

in the top 100. Jim Casemier came in looking bigger and stronger than ever at 242 and just

		n Works for these		Masters 40-44		
(Thanks to Smoke	3 110	iii works for these	results)	Pete Gisondi 30+	540	37
				James Feorauz	450s	34
ADAU I	RAW	New Jersey P		Novice		
				Vince Sensale	275	24
	00 -	Hopatcong, N	")	Out of State		
BENCH		Teen 18-19		Pete Gisondi	540	37
WOMEN		Mike Schulties	350	319 class Junior		
132 class		319 class		Nick Muscara	425s	33
Amy Perlmutter	200	Open	ALL AL	Sub Master		
MEN		Steve Berge	400	John Phelan	500s	40
132 class		DEADLIFT		Novice		
Len Reilly	200	MEN		Nick Muscara	425	335
148 class		198 class Open		Law & Fire		
Billy Dyer	225	Joe Careri Sr	525	John Phelan	500s	40
181 class		Teen 18-19		SHY class		
Rich Whitney	260	Chip Donne	400	Bill Lambert	560s	350
198 class		Masters 40-45		BEST LIFTERS:		
Open		Joe Careri Sr.	525	123 class	Joe W	evma
Todd Matchick	420	220 Open		165 class	John A	
Teen 18-19		Krzysztof Ksepka	640	181 class	Dean	
Chip Donne	280	4th	660	198 class	Mike 1	
Masters 45-49		Teen 16-18		220 class	Jeff De	
Vinnie Gengaro	325	Andy Finland	505	242 class	Kevin	
Jim Fitzpatrick	225	242 class		275 class	Georg	
Novice		Open		319 dass	John P	
Jim Fitzpatrick	225	Miquel Lopez	525	SHY class	Bill La	
242 class		Junior		TEAM TROPHY A		
Open		Mike Aliva	470	Basic Fitness - 61		
Mike Avila	360	Law & Fire	-	points; 3rd place		
Junior		Miguel Lopez	475	year's meet was th		

MEN 123 class Oper Law & Fire Joe Weyman 132 class novice 165 class Oper loe Careri Ir. 400 245 350 275 405 1030 Out of State 520 365 181 class Oper Scott Eason Teen 16-17 R. De Stefano 335 310s 510s 1155s 440 235 505 1160 Master 40-44 Mike Benducci Law & Fire Scott Eason Troy Oswald 30+ Scott Eason 310s 510s 250 420 310s 510s 1155s Out of State 435 315 585 198 class Open Joe Careri Sr Teen 18-19 Chris Weaver 485s 335s 525s 1345s 500s 250 525e Mike Viscuso 450s 370s 550s 415 340 545 1370s 415 545 485s 335s 525s 1345s loe Careri Sr Dan Caffrey 305s 505s 1225s 430s 220 class Oper 340 265 500 405 Joe Janeiro Todd Peterson Teen 16-17 Andy Finland 505s Junior Matt Keller 475s 345s 540 330 570s 630 Novice Dan Wright Out of State 420 335 525 570 385 630 1585 K. Fitzgerald Miquel Lopez Sub Masters 410s 520s 475 450 310 450 1210 Jim Eggertor Masters 40-44
Rich Cassidy
Law & Fire
K. Fitzgerald
Miguel Lopez
275 class Open 350s 305s 465s 1120s 410s 520s 1435s 500 380 475 1355 455s 600s 1645s Teen 16-17 620s 425 620 Sub Masters E Johansson 1615

5s 525s 1415s

5s 510s 1415s

lace-Joe's Gym - 5

only NI State Cha

nips, with the date changed fr

TOTAL

1335 1370

1585 1435

5 510

Huge Iron Las Vegas Training Center located in the Las Vegas area. The club is owned by Kieran Kidder, off Huge Iron Productions, INC. It is 1500 square feet and dedicates its facilities to the powerlifter. It is the only training center in the Las Vegas area that allows and encourages powerlifting. Here is a list of some of the equipment that we have to offer our lifters... monolifts, 13,000 lb. in free weights, 12 100 pound plates, 300 lb. of chain, high tension bands, safety squat bars, Texas power bars, Texas squat bar and everything you would want and need to train to get strong for the sport of powerlifting. Right now, Huge Iron Las Vegas has 30 members. Out of the 30 members, 22 of them are powerlifters, ranging from novice to elite lifters. The Email address is: XTREMELIFT@AOL.COM or call 702-655-0825.

Indiana Open BP/DL

25 Mar	00 - In	dianapolis, IN		1
BENCH		4th	335*	
MEN Teen		242 lbs.		1
M. VanBruaene	265	K. Bardos	420*	J
A. Huev	260	B. Norman	380*	-
Junior		275 lbs.		9
J. McMillin	375	C. Robinson	400*	1
D. Baughman	245	DEADLIFT		
J. Voelkel	315	MEN Junior		Ŋ
I. Tompkins	290	J. Tompkins	475	1
Submaster		J. Voelkel	460	d
M. Hinders	375	Submaster		-
P. Linville	405*	M. Striewe	450	
B. Ardery	265	B. Ardery	450	
Master (40-49)		Master (40-49)		1
T. Blacketer	450	J. Kemna	585	
I. Helsley	430	T. Blacketer	550	
R. Utley	310	148 lbs.		
J. Kemna	265	F. Ranelli	385*	
Master (70-79)		4th	400*	
T. VanArsdel	285	165 lbs.		
148 lbs.		C. Stroud	400*	
I. Muzik	290	4th	425*	
F. Ranelli	280	181 lbs.		
D. Baughman	245	M. VanBruaene	320	
E. Smith	200	198 lbs.		
165 lbs.		M. Hinders	460	
M. Prince	345	A. Huey	450	
N. Calhoun	285*	D. Apple	405	
181 lbs.		A. Hoffman	405	
C. Boyer	355*	220 lbs.		
B. Streib	315*	M. Struck	465	
198 lbs.		242 lbs.		
B. Grismore	425*	K. Bardos	615	
A. Hoffman	325*	B. Norman	475	
220 lbs.		275 lbs.		
C. VanTress	425	H. Carson	585	
M. Struck	315*	SHW		
	ANT BOOK	D. Minks	460	
Best Lifter BP: Br	ian Gris	more. Best Lifter DL	: Jerry	

Best Lifter BP: Brian Grismore. Best Lifter DL: Jerry Kemna. The Indiana Open Bench Press/Deadlift Classic was held at World Gym West. Thanks to owner and world bench press champion Richard Erickson for once again hosting this meet. Thanks also to Dustin Minks and Bill Streib for their help spotting and loading. In the bench competition Matt Van Bruaene was the winner of the teenage class making just his opener of 265 at a 180 bwt. Andrew Huey, weighing in at 190, finished second with 260. Josh McMillin took the junior men's class with a strong 375, weighing in at only 211. Dan Erickson for once again hosting this meet. Thanks also to Dustin Minks and Bill Streib for their help spotling and loading. In the bench competition Matt Van Bruaene was the winner of the teenage class making just his opener of 265 at a 180 bwt. Andrew Huer, weighing in at 190, finished second with 475. Big Hank Carson had a few problems in the submaster class. Al 181 itwas Chad Boyer, who weighed in at a light 168, finishing with 285 at 203. (Courtesy of Son Light Gym).

Andrew Huer, weighing in at 190, finished second with 475. Big Hank Carson had a few problems in the beginning, but pulled a good 585 for the win at lower bodyweight, though Bill jumped to a pr 500 on his final attempt. Thanks also with 475. Big Hank Carson had a few problems in the beginning but pulled a good 585 for the win at lower bodyweight, though Bill jumped to a pr 500 on his final attempt, coming close to with 475. Big Hank Carson had a few problems in the submaster class. All 181 itwas Carson had a few problems in the submaster class. All 181 itwas Carson had a few problems in the submaster class. All 181 itwas Carson had a few problems in the submaster class. All 181 itwas closed stored his potential to a pr 500 on his final attempt. Thanks also had a few problems in the submaster class. All 181 itwas closed stored his potential to a pr 500 on his final attempt. Thanks also had a few problems in the submaster class. All 181 itwas closed stored his potential to a pr 500 on his final attempt. Thanks also had a few problems in the submaster class. All 181 itwas closed stored his potential to a pr 500 on his final attempt. Thanks also had a few problems in the submaster class. All 181 itwas closed stored his potential to a pr 500 on his final attempt. Thanks a closed stored his potential to a problem in the submaster class. All 181 itwas closed stored his potential to a problem in the submaster class. All 181 itwas closed stored his potential to a problem in the submaster class. All 181 itwas closed stored his potential to a pr 500 on h

a wrong turn, driving about 60 miles out of his way. But he still made it to the competition! That's dedication! Jason Voelkel was third with 315, just missing a pr with 325. Jason was followed by Ohio lifter James Tompkins who finished with 290, who also missed a pr fourth attempt with 300. Mike Hinders once again won the submaster men's class, finishing with a strong 375. APR attempt with 365 for his third was just short of lockout. Paul Linville got all three of his attempts, ending with a personal best 405 for second place. Bill Ardery was third with 265, getting only his opener, weighing in at 180. Tom Blacketer looked strong in his win at master 40-49. Tom finished with 450 @ 220, just 420 in his win at 242. Second place went to Jim Helsley with 430, who weighed in at 262. Roger Utley got a personal best 310 on his final attempt to finish third. Jerry Kemna was fourth with 265, getting only his opener. APF world record holder Tom Van Arsdel took the 70-79 describle were 1285.

redel took the 70-79 lass with a great 285, even coming close with 295! This seventy-six year old was an inspira-tion to us all. Jeff Muzik took the 148s with a 290 pr on his second attempt. A final attempt with 305 failed at lockwith 305 failed at lock-out. Second place went to Frank Ranelli, who came from Ohio to compete, finishing with 280. Dan "Wrong Way" Baughman was third with 245 and Elijah Smith finished fourth, was the winner at 165 with a strong 345, miss-ing with a pr 355 for his final attempt. Nathan Calhoun was second at



great guy who has loads of po-tential, always brings his whole family with him, includ-

Jerry Kemna (Best Lifter in the deadlift) 585 at 181 lbs.; first in masters 40-49.

him, including his mom, brother and grandmother to cheer him on. Thanks again, Chad, for the weightlifter's bench clock. It's sitting on my desk. In the deadlift competition James Tompkins came through with the win in the junior class with 475 over second place finisher Jason Voelkelwho ended with 460. Mike Striewe and Bill Ardery both finished with 450 in the submaster class.

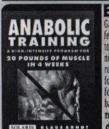
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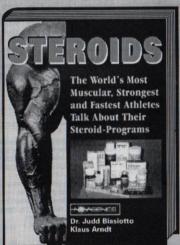
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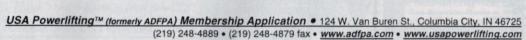
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USAPL North Dakota State 06 MAY 00 - Fargo, ND n's open SQ BP 270 160 315 745 165 Jennifer France Men's Open 275 650 132 Viet Tran 148 205 325 755 225 Jake Suedel Tom Coates Bret Mayo 165 300 290 295 390 360 300 215 230 260 James Bourgeault 440 Michael LeMieux 350 300 330 245 485 465 355 1225 Paul Kadlec 181 275 Benito Hibbert BL 505 345 535 G. Donahue 405 275 Maxton McCann 345 315 455 330

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has approved in its rules, regulations, and drug testing procedures. If it do test positive too a calculate the substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance or unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

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North Dakota State Team Champions, the Minot Air Force Base, along with their coach, Gene Bell. (front I-r) Jeremy Holien, Tom Coates, Jennifer France, Diane Siveny, Micheal LeMieux (Back I-r) Maxton McCann. Tony, Jason Parker, John Kearney, Geoffrey Donahue, Gene Bell, James Bourgeault. (Richard E. Edinger).

1, 2 APR 00 - Leesport, PA B. Trice M. Riegel Teen 16 B. Johnson J. Weisman E. Koller R. Weand E. Bohnenble S. Schaeffer S. Zakrz R. Hall C. Kalbach 450 120 Open 154 R. Hall Master 45-49 B. Raught 242 B. Nagle 410 120 155 Teen 16-17 350 C. Eckroth J. Weidaw G. Rychlak 95 330 J. Wisniewsl Teen 18-19 A. Bair 130 Law & Fire S. Wyandt J. Mazza M. McLead 240 DEADLIFT Teen 17 D. Kratz M. Yanocha G. Amadio MEN Teen 14-15 410 Teen 14-15 M. Bealer Teen 16-17 K. Bast J. Poole C. Bell M. Tullio C. Quirin Teen 18-19 B. Canfield J. Wentworlf F. Ammarell P. Kiwsky Open 116 T. Falcone Open 265 116 265 T. Falcone 345 Teen 16-17 195 A. Fegely 205 K. Ziegler R. Brooks C. Hoshau 345 M. Votodian J. Boltz T. Manno P. Cha J. Cohn Light Teen 18-19 P. Curley P. Crater L. Kantner 240 205 K. Ziegler MEN 275 Teen 14-15 270 R. Delong 255 A. Cammauf 210 Teen 16-17 C. bell K. Bast 275 N. Velazquez 230 B. Schneider A. Her-k 390 310 P. Kiwsky Open 148 R. Smith E. Kissinger 165 J. Mazza J. Venner D. Pauley Raw (Light) D. Pauley Submasters J. Venner Master 40-44 J. Doherty B. Nagle M. Gerckens H. Green 585 J. Kantner K. Gelsinge 405 405 400 370 500 315 T. Hare Heavy J. Horning A. DeJesus A. Smith B. Shoema A. Heck S. Wyandt M. Tullio Teen 18-19 J. Wentworth J. Horning 410 330 270 380 420 430 450 C. Ganste 270 Z. Peters C. Martin I. Gosling 330 C. Martin Open 148 R. Smith Masters 40-44 P. Yoder B. Nagle P. Schwarze Masters 45-49 P. Buchhoer 80+ 430 350 410 310 290 315 M. Gerckens H. Green B. Weidaw P. Yoder T. Evangelista Masters 45-49 T. Ksanznak R. Cavanna P. Buchhofer Masters 50-54 D. Ohler A. Rossi Masters 55-59 J. Milsopolous T. Tullio Raw (Heavy) B. Nagle P. Schwarze Juniors S. Kaiser R. Baker 165 460 490 315 290 285 370 280 225 P. Eberharding Submaster I. Fuentes Raw (Heavy) C. Eckroth 225 450 625 325 490 315 380 195 220 P. Grohoski 255 242 465 C. Moyer Juniors C. Kalbach 450 M.Shirey J. Parrish K. Michels 550 Open 181 SHW G. Rychlak 655 SHW M. Moyer C. Eckroth Full Meet WOMEN SQ BP DL TOT Law & Fire J. Holbert J. Parrish D. Croley 165 110 200 475 S. Parrish 145 345 735 245 P. Schwarze Masters 45-49 R. Ceriani B. Brinton D. Pride B. Klenk 215 320 785 145 250 620 M. Borzok K. Miller 225 275 175 D. DeFranco RAW Light R. L. Fiore 100 235 510 Heavy I. Rinehart 130 300 645 215 Law & Fire Raw (Light) J. Monk C. Colondril S. Piper Teen 16-17 A. Fegely J. Wisniews K. Ziegler 205 2740 625 225 480 160 355 245 160 115 140 95 80 MEN Teen 13 R. Knoll 175 125 270 570

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310 275 475 475

475 640 555

400 300

360 400 335 670 555 525

420 350

435 435 560 610

450 475

280 265 195

3045 250

400 250

N. Cammauf 310 200 375 885 WOW!! After the success of The Inaugural Power Palooza, Schuylkill Valley High School and strength coach, Phil Yoder, stepped up to the plate and wanted to bring the show to their home turf. And boy they didn't disappoint. They entered 32 students who were a part of a record 58 teenagers from 4 local schools vying for the Inaugural Scholastic Strength Challenge Cup. The host school walked away with the 6 foot trophy. A grand total of 140 lifters entered, which is significant increase from Palooza 1. I would like to say that entertain-

Submaster I. Ihli

E. Brady C. Pyle N. Cammauf

585 480 225 390 250 255

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315 700

480 1210

350 400

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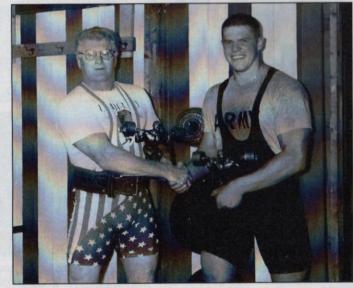
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230

475



Bugs Bayer (seen at left - above) has been lifting weights for 42 years, and along with Andy Brown (right), they have become the first world champions from Dubois, Pennsylvania, after their performances at the AAU World Championships in Atlantic City, New Jersey last October. Andy won the 18-19 year old 181 pound class with lifts of 450 250 550 1250 and Bugs won the 50-54 year old 198 lb. class with lifts of 490 260 550 1300. According to Bugs "Our numbers maynot be as large as some other groups, but we are Raw and drug free". (Bugs Bayer)

ing such a diverse group ranging from the grizzled veterans to the wide-eyed newcomers was a pleasure. Each and every competitor handled themselves with poise and the camaraderie was clearly evident. Everyone left this event learning valuable lessons that I hope they use to succeed in this great sport. All first place and best lifters received beautiful sculptured trophies supplied by Don Len Inc. Top five lifters in each class/divisions received trophies. All teenage competitors that didn't place in their respective divisions, received beautiful medals. Two sportsmanship trophies were awarded. The first went to Schuylkill Valley's own Phil Yoder. Phil did double duty with spotting and loading plates and also coaching his students when their turn arose. The second went to Franco St. PA. Franco has been missed on the platform. But he volunteered his time to track meet results on a computer program he developed. As a result, the down time between the end of each day's lifting and the awards ceremony was kept to a minimum. Which was a delight to all the lifters. Two Grand Champions were crowned as the bench press portion went to 57 year old, John Mitsopolous, who pressed 380 lbs. at 198 lbs. bodyweight. Jason had problems with his footing during the squat and waited until

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The Lady Competitors from Iowa - at the USA Raw Spring Nationals (I-r) Diane Harper, Jeanne Christensen, Jo Phillips, Cindy Irons, Catherine Hopkins (photo provided courtesy Son Light Powr Gym).

08 Apr 00 - Tuscola, IL					
WOMEN		Open 198 lbs.			
Submaster		J. Phillips	165		
148 lbs.		MEN			
A. Davis	205*	Master (40-49)			
165 lbs.		165 lbs.			
C. Hopkins	125*	B. Davis	330		
Master (40-49)		198 lbs.			
181 lbs.		J. McDonald	320		
C. Irons	145*	242 lbs.			
Master (50-59)		S. Markham	370		
198 lbs.		275	lbs.		
D. Harper	130*	K. Hess	300		
Master (60-69)		Teen 165 lbs.			
165 lbs.		P. Cloe	160		
J. Christensen	130*		1198		

USA Raw BP Spring Nationals

08 Apr 00 - Tuscola, IL

WOMEN

Open 198 lbs.

J. Phillips
165*
MEN

A. Davis
205* Master (40-49)
165 lbs.
C. Hopkins
125* B. Davis
198 lbs.
C. Irons
145* 242 lbs.
Master (40-49)
181 lbs.
D. Harper
130* K. Hess
300
Master (60-69)
186 lbs.
D. Harper
130* K. Hess
300
Master (60-69)
167 lbs.
D. Harper
130* K. Hess
300
Master (60-69)
168 lbs.
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175* lbs.
175* lbs.
185 lbs.
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190 lbs.

potential and one we will definitely be hearing from in the future. Thanks to my son Joey and Dotti Hess for their help with the competition. (D. Latch)

LICADI MAINE STATE MILLENNILIMA

USAPL MA				
22 A	PR 00	- Unio	n, MA	1
TEEN 18-19	SQ	BP	DL	TOT
165				
J. Oliveria	430	265	505	1200
148				
E. Stewart	365	240	425	1030
181				
J. Dearborn	340	190	330	860
Masters				
165				
K. Hibbard	250	150	275	675
Open				
114.				
M. Mackenzie	170	120	240	550
165				
K. Grant	225		270	
D. Dow	275	155	325	755
181				
S. A. Salletta	225	145	215	585
198	***			
R. Morgan MEN	180	135	310	625
Open				

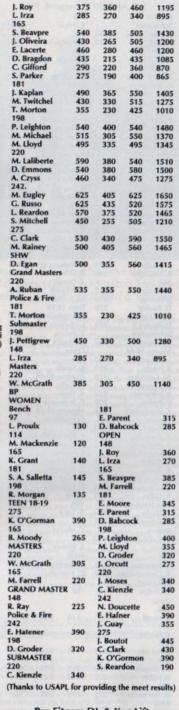


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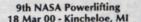


Pro-Fitness DL & Keg Lift

5 Feb 00 -	Pikevi	lle, KY
WOMEN	DL	Keg Lift
Master 132 lbs.		
S. Conley	225	26
Open		
S. Hyden	225	26
MEN Open Light 181 lb	s.	
M. Roberts	455	27
Master 220 lbs.		
R. Burruss	525	27
Open Middle 220 lbs.		
J. Bevins	500	30
Open Heavy 242 lbs.		
C. Hicks	600	31
Master 165 lbs.		
C. Fields	500	35

C. Fields 500 35

The front lateral raise was substituted for the loading medley, due to rain and cold weather. This event is part of the Pro-Fitness Challenge Points Series which consists of 17 different MultiSport events held throughout the year. These events include powerlifting, strongman, running, biking, kayaking, climbing or any combination thereof. MultiSports on the web: www.multisports.net. (Thanks to Pro Fitness for providing the results)



Pure Pure	SO SO	BP	DL.	TOT
138 lbs.	34	DI.	DL	
McCarthy	255	195	380	830
	233	193	300	030
170.8 lbs.	380	225	465	1070
James	365	275	390	1030
Planes		160	440	875
White	275		440	0/3
Will	190	185	- 10	10.00
187 lbs.				
Trent	485	320	550	1355
McDowell	365	290	350	1005
Sandoval	315	175	330	820
205 lbs.				
Suttle	-	-	-	-
227	lbs.			
Hurley	550	365	460	1375
Stevenson	510	335	505	1350
Yelle	300	240	340	880
Faulkner	545	-	-	-
Lewis	500	-	-	-
Fargo	145	470	-	
Dozeman	-	-	-	-
Wilson	145	145	-	-
250.2 lbs.				
Mazzola	-	-	-	-
280 lbs.				
Ranney	550	325	525	1400
Burger	405	350	-	-
Submasters 22				
Hurley	550	365	460	1375
Masters I - 22		303	100	
Stevenson	510	225*	505	1350
*-N.A.S.A. Mic	chigan Sta	to Pecor	d Mee	Directo
Jim Stevenson	Mont Co	ordinate	or Day	Masta
Jim Stevenson	. meet Co	orumati	or. Dav	CITICISTA

"Im Stevenson. Meet Coordinator: Dave Mastaw. Participation was down for this meet but, the performance of those who finished was a credit to our program. Jack McCarthy lifted alone in the 138 Pound Class and pulled a impressive 380 lbs. deadlift. Terry James, in only his second meet improved his squat, deadlift and total respectively to take first place in the 170 lbs. class. New lifter Mark Trent totaled 1355 in the 1875 and was best lifter of the meet. My sometime workout partner Mike Hurley out totaled me by 25 lbs. to take first place in the 227 lbs. class. Red Fargo hit a big bench of 470 lbs. and a near miss at 490 Bill "TRUCK" Ranney put up some nice numbers for the win in the 280s and to let Burger know who is Boss. Thanks to the spotters and loaders for doing an excellent job. (Thanks to Jim Stevenson for results)

USAPL Indiana State 13 MAY 00 - Bloomington, IN

A. Byrley 132

een 18-19

185 85 250° 520

icen io-is				
L. Mielcarz	235	105	280	620
Master 2				
N. Hays	185	135	305	625
148				
Teen 16-17			1000	
M. Lehman	225*	115*	300*	624
Teen 18-19				
L. Schaefer	275	125	260	660
A. Dunivan	260	115	250	625
165				
Teen 14-15				
L. Rollins	235	100	240	575
Junior 20-23				
G. Kalk	295	180	345	820
198				
Teen 18-19				
S. Fields	275	140	300	715
Open				
T. Moe	315	200	300	815
MEN				
114				
Teen 14-15				
C. Renn	210	130	290	630
123				
Open/M1				
S. Meadows	325*	210*	440*	975
132				
Teen 18-19				
R. Renn	345	185	425*	955
Open				
C. Reinitz	375	235	400	1010
148				
Teen 14-15				
J. Huczko	325*	175	385*	885
Teen 16-17				
B. Widlanski	385	185	405	975
C. Singleton	325	215	420	960
C. Sharrett	300	200	315	815
Teen 18-19				
G. Alexander	375	265*	420	1060
Open				
M. Buck	390	270	435	1095
165				
Teen 16-17				
B. Cole	350	265	405	1020
B. Mackey	315	205	370	890



Jim Stevenson squatting 510 lbs. at the Kincheloe NASA meet, as a master lifter 40-49 year old age group, and meet director. (Jim).

Master 1 S. Sherida

210 110 285 605

	Teen 18-19					
,	B. Burris	425	225	440	1090	
	Open/M1					
ı	J. Thomas	445	230	510	1185	
,	181					
t	Teen 14-15					
	J.E. Michael	225				
	Teen 16-17					
1	B. Passmore	420	225	430	1075	
	Novice					
	E. Nickson					
)	Open					
	J. Volek T. Maslan	585	305	600	1490	
	T. Maslan					
	R. Perine					
	Open/Sub					
	M. Carey	465	290	365	1120	
	Sub				- Live	
	J. Dalton	405	315	480	1200	
	198					
	Teen 16-17					
	W. Literal	450	265	520	1235	
	S. Davies	390	315	455	1160	
	C. Lindaas	440	250	440	1130	
	J. Flanagan	385	225	410	1020	
	Junior20-23	-				
	B. Johnson	445	270	475	1190	
	Open					
	M.Willett	645*	400	665	1710	
	B. Barnes	580	345	650	1575	
	J. Campbell					
	Master 2			250	815	
	A. DeLong	300	165	350	815	
	220					
	Novice D. Hall	450	285	450	1185	
	Teen 16-17	430	203	430	1103	
	D. Traub	485	290	575	1350	
	N. Haase	415	250	440	1105	
	Teen 18-19	-				
	A. Schaeuble	500	300	570	1370	
	L. Lynch	420	250	560	1230	
	Open					
	M. Swift	635	385	590	1610	
	J. Massey	600	375	650	1625	
	Sub					
	R. Varner	485	375	535	1395	
	M40-44					
	W. Lowey	525	350	625	1500	
	Master 1					
	L.Hughes	405	230	425	1060	
	242					
	Teen 14-15	-				
	J. L. Pitts	365	230	425	1020	
	Open/Sub		400	700	1800	
	D. Ballard	700 510	320	530	1360	
	J. Newton	310	320	330	1300	
	Open J. Shoopman	600	400	650	1650	
	275	000	400	030	1030	
	Junior 20-23					
	M. Wenning	640	400	605	1645	
	Open Open	040	400	003	1013	
	M. Hartle	650	485	635	1770	
	T. Smith	500	103	000		
	319	500				
	Open					
	J. Chantler	600	360	615	1575	
	UNL					



250 270 340	530 460 525	1120 1100
340	460	1100
340		100
15155	525	1340
15155	525	1340
405		

425	600	1560
290	370	1150
290	3/0	1130
M. Mur	phy	420
Novice		
220		
B. Denli	nger	420
Sub	1923 911	
		335
	2	
A CONTRACTOR OF THE		490
		420
	J. Keous Master 275 T. Strive Open/A J. Pierce	Sub J. Keough Master 2

Denotes Indiana State Record. BEST LIFTENS: WOMEN: Open-Tammy Moe; Teen-Lindsay Mielcarz; MEN: Open-Mike Willett; Teen-Geroge Alexander; Hoosier Open PI: Men-Dave Bracken; Women-Denise Sheridan; Hoosier Open Bp: Men-Ted Striverson; Team: Iron Pit Gym-Bloomington. (Thanks for USAPL for providing these results).

Prairie State Games

25 JU	N 00	Belleville, IL	
BENCH		J. Smith	290
eenage Lightw	veight	A. O'Dell	165
. Amsbury	265	165	
2. Garland	165	J. Amsbury	260
eenage Heavy	weight	198	
. Sexton	105	P. Marks	370
Masters 40-49		220	
W. Garland	345	B. Beltz	450
B. O'Dell	325	C. Meadows	350
Masters 50+		275	
). Wilson	350	R. Whitmore	475
Open		K. Draege	350
48		SHW	
R. Prince	290	P. Nowak	365
Thanks to Dan	a Rosen	zweig for these re	esults).

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28th APA Flag Day BP/DL 14 JUN 00 - New Haven, CT

SENCH			
81		308	
. Steele	250	R. Rohmer	300
V. Wellins	200	DEADLIFT	
. Benecol	200	148	
20		J. Hovak#	325*
. Phillips#	319*	181	
42		J. Steele	400
. Canzanella	275	N. Wellins	200
75		242	
A. Hogan	315	P. Canzanella	315
- Best Lifter; * N	lew Me	et Record; Place:	Fort Hale
ark; Meet Dire	ctor: Jo	seph Steel; Time	: 2 hours;
lead Judge: Jo	seph S	teele; Side Judy	ges: Neal
Vellins, Andrew	w Bram	and Mark Ho	gan; An-
ouncer: Andrew	w Bram:	Sponsors: World	d Gym Of
lamden and the	Cityof	New Haven's Par	k and Rec
Department. The	e 28th A	nnual A.P.A Elm	City Flag
		fting Champions	
ery well with a	total of	eleven lifters ta	king part
rom two countr	ries. The	re were two mee	et records
		Division Ted Phi	
		Best Lifter with a 3	
		In the 308 lb. cla	
		in his first meet	
		ago, made good	
		sion John Hovak	
		st Lifter with a 3	
		John did all of	
		ke to thank all of	
		ear's event. All of	
ees were donate	ed to the	Veterans Memo	orial Hos-

	Libera Committee			
			100	
3				
V.	A SECTION			-
	野	may	51	
	Jak	44多		
		91	-	
	1			
XX		186	X	55
XX			X	XX
XX			X	XX
XX	XX		X	\times
XX	SK	X		XX
XX	360			\propto
terzoni		1	20	

John Hovak: winner of the 198 lb. class and Best Lifter at the APA Flag Day competition . (Joesph Steele)

pital in West Haven, CT. This year's contest was held to honor the Veterans and all of the people on the home front who manned the factories, farms, and seaports to support our country during World War II. This donation served as a small reminder that freedom burns brightly in the Elm City, New Haven. (Thanks to Joe Steele for the meet results).

USAPL Glen Mills Invitational

4 Mar	00 - Co	ncor	dville,	PA
MEN	SQ	BP	DL	TO
HS Jr/Sr 114 lb	s.			
K. Arits	145	55	145	34
K. Vang	145	55	145	34
C. McLean	145	55	145	34
123 lbs.				
A. Shakur	145	55	145	34
L. Evans	145	55	145	34
132 lbs.				
J.Panyasee	145	55	145	34
W. Bell	145	55	145	34

D. Scott 148 lbs.	145	55	145	345	(Thanks to USAPL for pr	oviding t	hese me	et results)	Allen Vidal 53	340	350	690	
									181 lbs. (55-59 yrs.)				
D. Rudolph	145	55	145	345	WHC Hawa	aii Pus	h - Pul	1	Larry Van Drei 57	120*	250*	370*	
D. Wharton	145	55	145	345				-	220 lbs. (70-75yrs)				
F. Groce	145	55	145	345	13 MAY 00		lua, H		James Hiramoto 70	240*	405*	645*	
165 lbs.					TEEN BOYS	BP	DL	TOT	242 lbs. (55-59 yrs.)			015	
K. Dean	145	55	145	345	123 lbs.				Toe Preston 56	425	615	1040	
B. Parker	145	55	145	345	Edwin Manmano 16	220	405*	625*	NOVICE MEN	443	013	1040	
181 lbs.					Calvin Garo 17	225	385	610	148 lbs.				
G. McDowell	145	55	145	345	148 lbs.				Lyman Holeso	270	345	615	
W. Rice	145	55	145	345	Sean "Ola" Silva 18	275*	410*	680*	Marnie Balubar	175	343	613	
198 lbs.					Eric Garo 18	255	375	630	165 lbs.	1/3			
B. Beaver	145	55	145	345	1 65 lbs.				Greydon Espinda	335	415	750	
M. Minor	145	55	145	345	Stephen Vefano 17	335*	365	700*	Gerald Madsen	205		750	
R. Toynes	145	55	145	345	Matt Mamizuka 19	225	315	540	181 lbs.	205	470	675	
T. Robinson	145	55	145	345	181 lbs.				Walter Enos				
220 lbs.		-		343	Kevin Noneza 19	315	51 5*	830		330	485	815	
M. Peterson	145	55	145	345	1 98 lbs.	313	313	030	Todd Cossey	350	405	755	
T. Bacon	145	55	145	345	Lono Manners 17	425*	485*	910*	220 lbs.	B			
S. Gray	145	55	145	345	Robert "Boy" Preston	315	440	755	Kalani Davis	455	455	910	
242 lbs.	143	33	143	343	220 lbs.	313	440	/33	Matt Elvenia	400	500	900	
M. Duncon	145	55	145		lustin Tadina 18	350*	530*	880*	Jarius Aleka	365	465	830	
M. Fisaga	145	55		345		330	330	880	Boogie Pactol	350	465	815	
			145	345	WOMEN MASTERS				Michael Kreiner	270	500	770	
D. Richardson	145	. 55	145	345	148 lbs.				242 lbs.				
SHW					Miyako Yano 70	175*	155*	230*	Lincoln Barit	405	475	880	
P. Carroll	145	55	145	345	Stancy Herron	145	250	455	Jamar Aleka	350	500	850	
O. Gullette	145	55	145	345	Rowena Bagayao	145	250	395	Superheavy				
Master (40-44) 2					MEN MASTERS				William Maxwell	350	380	730	
M. DelSignore	145	55	145	345	132 lbs.				John Taomalatai	315	315	630	
Master (55-59) 2	220 lbs.				Carlos Tantog	205	385	590	OPEN MEN	010	3.3	030	
K. Hansen	145	55	145	345	165 lbs. (50-55 yrs.)				181 lbs.				
									101 103.				

B	00	KSV	IDEOS-	-	SVID	EOSI			DSBC	OKS
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Ricardo Tubbs	330	465	795						A. H
198 lbs.			0755						D
Gene Sand	445*	530	975*	ADAU PA	State	es and	Oper	n PL	IOH
Al Ku	410	540	950	17,18 JUN					C
Abraham Papaleo	300	500	800						N. T
242 lbs.				WOMEN	SQ	BP	DL	TOT	1814
Shane Ahlo	515*	600	1115*	148-C					
275 lbs.	1			A. HAMMILL	170	99	236	507	A
Phillip Guerrero	405	600	955	165-A					A. JC
Alex Arucan	315	530	845	H. NORDER	181	110	264	556	A&C
Superheavy	A PARTY		BELLEVIA OF THE	181-B					K. Z
Malcolm Ahlo	550*	580	1130*	E. BROWN	214	104	253	573	В
Most Improved Lifter-0				132# CLASS					GEN
tional Lifter-James Hi				A&C					198
Most Outstanding-Lone	Manner	s; Most	Outstand-	MIKE KUHNS	275	214	214	705	A
ing Women- Stancy H	lerron; M	lost Ou	tstanding	D					M. K
Master Lifter-Toe Pre	eston; M	ost Ou	tstanding	CHRIS SMITH	225	165	275	666	A
Novice-Kalani Dav	is; Mos	t Out	standing	148# CLASS					STU
Overall-Gene Smail. F	tighlights	of the	competi-	D					A
tion included a pair of	70 year	old lifte	ers, James	PAUL GRIFFITH	385	248	418	1052	LEST
Hiromoto of Maui wh				A&C					A&C
grandmother Miyako '				M. ALLGEIER	347	231	462	1041	R. C
These lifters proved t	hat age	need n	ot be an	C					A,B,
obstacle in lifting healtl	hv. 17 yea	r old, L	ono Man-	ITALO BONACCI	319	214	396	931	BUC
ners, bench pressed a	massive 4	25 lbs.	weighing	D					C
183 lbs. Gene Smail w				R. DODSON	314	181	330	826	S. H
Award by benching 44				C					220
lbs. for a total of 975 lb	s Results	of the	meet may	M. MILANO	248	236	336	821	B
also be seeing on my we				C					C. /
and be seeing on my me	- P- B- m.		,	SHERW SIS					

SON STAZER 319 5# CLASS HERSPERGER 336 281 429 1036 IN KLEIN 248 209 358 815 THEODOROU 303 203 303 810 407 330 479 1218 OSEPH ZAPPITELLA 319 259 457 1036 NE NATALE 292 170 429 892 # CLASS KERCHANSKY 490 336 540 1366 JART HOUGH 451 330 490 1273 TER SMEAL 451 297 501 1251 391 303 556 1251 3,C,D IGS BAYER 473 253 501 1229 281 181 424 914 # CLASS MSTONE 440 325 451 1218

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A
C. AMSTONE 363 225 402 992
Divisions Entered: A- PA Open State Championships; D- Open Championships from any state; C-PA Age State Championships; D- Age championships from any state. All tested lifters passed the drug test. The following American records were either broken or established: 1. Mike Kuhns-132#
— 14 & 15-Bench Press-214.948; 2. Paul Griffith148#-50 to 54-248.01# Bench Press, 418.87# Deadlift and 1052#drotal; 3. Italo Bonacci-148#-55 to 59-319.66# Squat and 217.15# Bench Press; 4. Russell Dodson-148#-60 to 64-314.15# Bench Press; 181.87# Bench Press; 50-90-9048[ift; and a 826# Total; 5. John Klein-165#-60 to 64 — 248.01# Squat; 209.43 Bench Press; 'Deadlift 358.24# Deadlift; and an 815# Total; 6. Frank Panaro-242#-45 to 49-644.84# Deadlift. Outstanding lifter honors in both the lightweight and heavy weight classes were extremely close: LIGHTWEIGHT Michael Aligeier 472.5K x.7432 – 351.16; Paul Griffith 477.5K x.7328 – 349.91; Anthony Joseph 552.5K x.6263 – 346.03. HEAVYWEIGHT RickEmerick 715K x.5243 375.01; Rick Davis 697.5K x.5371 374.62; Matt Kerchansky 620K x.5975 – 370.38. (Thanks to Al Siegel for providing these meet results to Pt USA). Siegel for providing these meet results to PL USA).

D MELVIN HUFF 325 231 429 986 242# CLASS

YMCA BP - DL WARS 03 JUN 00 - Kingston, NY

BENCH		Open Ironman	400
WOMEN		M. Harris	400
Masters Ironwor	man	Police/Fire Ironn	
198+	1	S. Bower	315
M. Carlson	185		
MEN		Open Ironman	
Master		J. Regan	345
132		Masters 60-64	
B. Coisson	275	B. Newell	295
148		319	
Teen		Teen 18-19	
D. Cease, Jr.	235		430
Open	233	Masters 45-49	130
D. Gambino	265		520
			320
R. Salinas	250	DEADLIFT	
Iron Man		WOMEN	Dec D
R. Nodar	240		nan
165		198+	1
Open		M. Carlson	280
S. Glick	300	MEN	
Masters		148 Ironman	
R. Cseh, Sr.	240	R. Nodar	340
181		181	
Open Ironman		Open Ironman	
M. Geraghty	360	M. Geraghty	450
Masters 40-44	300	198	-
P. Carroll	340		
			480
R. Cseh, Jr.	265	J. Johnson	
198		E. Goralewski	420
Open Ironman		Police/Fire Ironn	
J. Johnson	400	J. Johnson	480
E. Goralewski		220	
Police/Fire Ironn		Open Ironman	
J. Johnson	400	T.R. Perna	550
220		M. Ohlhoff	535
Open Ironman		D. Coddington	400
T.R. Perna	400	242	
M. Ohlhoff		E. Russell	600
D. Coddington		Open Ironman	
242		M. Harris	550
Open		Police/Fire Ironn	
	500	S. Bower	450
L. Saviano			430
J. Reagan	345		
Masters 40-44		Open Ironman	
J. Reagan		J. Regan	540
want to thank a	all the	people who help	ed set u
and take down,	Mike	Harris, Bob Coo	dingto
Robert Salinas, S	hane E	Sower, and most o	fall, Da
Cease, for his un	ntiring	assistance and to	op note
		also, to Nancy C	
nunning the table	e with	Nikki Bower and	ace ph
tormaker Man	with	OWER A special	banks t
tographer, Maur	een B	ower. A special I	manks t
		rroll for spotting	
ing. Thanks, also	o, to S	heldon Levy for of	liciatin
	ion !	We really apprec	ate you
Great job, Sheld	Mil.	Klinger for these	

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TBAR _25 kg\$449.00 LIFT BAR\$269.00
LIFT BAR \$269.00 THE ONLY TRUE DEADLIFT BAR ON THE MARKET! Adds 20 to 50 lbs. IMMEDIATELY! 17-4 ft \$70.00 Safty Squat Bar 50 lb \$345.00 \$350.
r - 4 ft \$70.00 Safty Squat Bar 500 lb \$345.00 r - 5 ft \$70.00 Safty Squat Bar 70.00 saf
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Olympic Gerard Trap Dar
or - American Made \$152.00 Bar \$44.00 Dumbbell Racks
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Franklin Health & Fitness BP/DL 00 Apr 00 - Franklin IN

US AL	1 00 -	Frankiin, IN	
BENCH		J. Hannon	255
WOMEN		242 lbs.	
Master		J. Ramey	315
V. Cook	105*	DEADLIFT	
Open		WOMEN	
J. Stamper	180	Master	
4th	185*	V. Cook	175
D. McKnight	125*	MEN	
H.r Pedigo	150	Junior	
MEN		D. Apple	365
Teen (13-15)		4th	410
Z. Clark	200*	Master (40-49)	
4th	220*	J. Kemna	525
Junior		148 lbs.	
N. Harris	315	D. Harding	405
W. Cobb	225	165 lbs.	
Submaster		C. Stroud	450
P. Linville	410*	S. Lawson	435
Master (40-49)		4th	455
J. Kemna	280	181 lbs.	
P. Ketchum	295*	M. Johnson	570
4th	305*	198 lbs.	
Master (60-69)		S. Mendel	505
J. Rupe	350	4th	525
J. Richards	270	242 lbs.	
148 lbs.		J. Ramey	480
D. Harding	255*	Maria Indiana de la constanta della constanta de la constanta de la constanta de la constanta	

D. Harding 255*

* Personal record. Best Lifter BP: Paul Linville. Best Lifter DL: Mark Johnson. The Franklin Health & Filness Spring Bench Press/Deadlift Classic was held at the gym. Once again an enthusiastic crowd was on hand the cheer on the lifters. A special thanks to owners Damien Katt and John Pedigo for their continued support of the sport of powerlifting. In the bench press competition master women's without the Control of the

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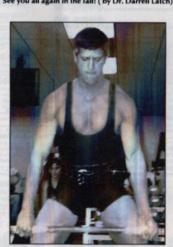
\$18 (black, ash) M-4X

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HOUSE OF PAIN 212 TANYA ROCKWALL, TX 75087

Filmes Spring Bench Press/Deadlit Clasis was held at the grown Core again an enthulastic crown Core again an enthulastic coveres Damien Katta and John Pedig for University of the Core of



Steve Lawson about to lockout a pr 455. (Franklin Meet photos are courtesy of Son Light Gym).

10th Annual Weightlifting Unlimited

01 Apr (00 - W	Vinchester, VA	
Female		Open	
J. Robertson	165	242 lb. Wt. Class	
Sharon Davis	120	Allen Hicks	510
Brenda Ramey	125	Butch McDonald	475
Gloria Carter	135	Mike Wills	455
Megan Tingler	155	Danyl Dyke	425
Teenage		Open Open	423
Ryan McMillian	390	275 lb. wt. Class	
Mike Gorman	325	Petey Cropp	
Micky Tingler	370	Larry Short	535 470
Vernon Haines	280	Darryl Vega	415
I.J. Patton	275	Buck Carmack	345
Stephen Waite	200	Submasters 35-39	343
Open		Lloyd Roberts	
148 lb. Wt. Class		Walter Cook	500
Frank Lupis	335	Mike Bennett	460
Brian Rouzer	240	Cliff Richards	410
Codie Gustines	150	Darryl Vega	480
Brett Maness	110	Masters 40-49	415
Open	110	Carl West	400
165 lb. Wt. Class		Butch McDonald	460
Clay McFarland	350	Frank Lupis	470
Rockie Fraley	340	Larry Short	335 470
homas Comfort			
Open	233	Randy Mongold Rudy Shiley	370 340
81 lb. Wt. Class		Buck Carmack	345
Carl West	460		345
iteve Battista	320	Masters 50-59	200
iteve Berman	0	Frank Nelson	360
Open		Jim Harman	310
98 lb. Wt. Class		Barry Shafer	340
ravis Brown	475	Masters 60-69	-
Mike Bennett	410	George Waymack	
Brian Miller	380	Nick Barolomes	295
eff Gibson	310	Lt. Raw Division	
Open	310	Terrance Gray	340
20 lb. Wt. Class		Julian Anderson	305
Gary Allen	470	Steve Battista	320
andy Robinson	440	Keith Garber	230
luby Shiley	340	Heavy Raw Divisio	
Dave Gibbs	335	Travis Brown	425
dam Herman	310	Tripp Spaur	325
		Joe Hoskins oth annual Weightl	275
		nampionship was h	

BENCH		244	
148		J. Flynn	475
N. Pillai	245	175	
165		C. Brien	350
P. Soto	310	198	
181		C. Kienzle	345
C. Brien	350	245	
F. Quirk	320	P. Delamare	380
M. Farrell	215	Master 40-44	
198		170	
R.J. Pursell	435	F. Quirk	320
G. Sotiraltos	415	211	10-1-6
J. Ascani	380	P. Thomsen	345
C. Kienzle	345	170	
220		M. Farrell	215
J. Dowst	400	Master 55-59	
P. Thomsen	345	165	
242		P. Soto	310
R.J. Delamare Jr.	460	P. Clarke	220
275		Teen	
J. Flynn	475	148	
B. Tucker	460	N. Pillai (BL)	250
308		255	
Jackman	530	S. Pearl	230
Novice		WOMEN	
195		100	
C. Kienzle	345	L. Proulx (BL)	130
211		114	
P. Thomsen	345	M. Dodge	115
170		Novice	
M. Farrell	215	100	
Submaster 33-39		L. Proulx	130
197		Master	
R.J. Pursell	435	193	
THE RESERVE OF THE PARTY OF THE		T. Lucas	175
Discover of this o	Carrier .	tat tt- t	

Director of this competition was Louie LaPoint. Head Judge was Joe Romano. Side Judges were Bill Durant, Jim Supry. Spotters, Loaders were Jerry Boucher, Ron Dion. (Thanks to Louie LaPoint for

Effingham Open BP/DL Classic

ZZ AFR	00 -	Limignam, iL	
BENCH PRESS		275	
SPECIAL OLYMPI	C	Tim Wilson	450
Teenage Men		Police & Fire	
Neal Frost	55*	Earl Yingst	470
lunior Men	-	4th	490
Eric Kanitz	115	Master Men 60-69)
Submaster Men		Darrel Sidwell	190
lerry Flexter	95	4th	200
Master Men 40-49)	DEADLIFT	
erry Thorman	85	SPECIAL OLYMPI	CS
Master Women 4		Teenage Men	
Doris Scott	70*	Neal Frost	105
123		Junior Men	
losh Weaver	145	Eric Kanitz	300
SHW		Submaster Men	
Greg Hager	180	Jerry Flexter	205
OPEN ATHLETES		Master Men 40-49)
Teenage Men		Jerry Thorman	225
Matt VanBruaene	280*	Master Women 40	0-49
Submaster Men		Doris Scott	150
Roy Grathler	350	123	
Master Men 40-49)	Josh Weaver	205
Bob Walker	540	SHW	
Bob Demeian	355	Greg Hager	350
4th	365	OPEN ATHLETES	
181		181	
Rob Furey	360	Rob Furey	460
198		198	
lerry Poole	405	Dan Gill	555
Dan Gill	315	Benny Hutchinsor	1420
242		242	
Ed Clark	530	Ed Clark	550
4th	555*	Teenage Men	
		Matt VanBruaene	350
hannal record	Boot B	anch Prosser - Rob W	/alker

attempt for the title at 242. Ed went on to lock out a great pr 555 for his fourth attempt, which would have given him best lifter for the day. Tim Wilson is another fine lifter who took the open 275 class with a strong 450. Two attempts with a personal best 475 were just short of lockout. Big Earl Yingst got a big pr with his fourth attempt of 490 to win the police & fire class. Lifting 'raw', this guy is good for 550 with a shirt! The last bencher of the day was

Best Lifters at the Effingham Open (I - r): Danny Gill (DL), Bob

Millennium BP/DL Championships 08 Apr 00 - Plymouth, MN HIGH SCHOOL SPECIAL* GUESTLIFTER: 123 117 242 13 0 DEADLIFT M. Harris 181 HIGH SCHOOL

245 123 T. Toso N. Kuvaas WOMEN 22 5 L Axness 123 B. Gnerre N. Kuvaas 148 K. Faddler MASTERS (40-49) WOMEN 125 123 300 K. Faddler 270 MASTERS (50-59) 275 R. Schubert 370 J. Ferris M. Sorense K. Boelter 300 220 220 N. Hintze C. Nelson 390 242 365 T. Mendoza 275 430 A. Beaudet 370 SHWT 500





Dan Gill	315		nny Hutchin	son420	12 1000					275		275	
242 Ed Clark	530	24 Ed	Clark	550	C 6000	A. A.	4		- 1000	A. Beaudet R. Schubert	430 370	O A. Beaudet O SHWT	480
th	555*	Te	enage Men	o (Visit	10,850					308		K. Sartin	600
red .PD			att VanBruae		Rest I	ifters at the Eff	fingham O	pen (I - r): Danny	Gill (DL), Bob	K. Weispfenr	ing 500	0	
personal reco- est Deadlifter ench Press/D ige Square Ma 000. A special er continued is his event was: his event was: pecial olympi- tany of these ears and it was again. I want te reat effort ana ave given ove ave given ove ave given ove thetes in Illino e attributed it ears ago firist southern Illinoi he love you ha ench press co lai olympians. fiting in his firs title over 100 rith a persona anitz finished thete with a k oon at submas o finish with everal years v	or - Dan Coallift Cloall in Effin I thanks to support of a special ic athlete; support of a special ic athlete; support of the	Gill. lassinghau o ma o ma o f the one es co hlete see s his ti cars te h of Valke this you, n us enag thirt 15. Ju 115. I 115.	The Effingha c was held a m, Illinols on Il manager Jo is sport of power is sport of power in that we ha mpeting on s have comp ome of our of ime to comm lell and Mab o the special their success er, who a nu effort yean all three of yo over the year "Il begin with the class Neal I a. Weighing is den year of leen year of leen year of jeen year jeen year of jeen year jeen year jeen year jeen year jeen jeen year jeen year jeen year jeen year jeen year jeen jeen year jeen	m Open to the Village of the Village	Walke. 65 year old competition ing up with a guy who competition letes. Neal of the teena the day an lifting. Neal to take the phis fourth at class with 2 one of tho around, alw for three in 225. Good great day o Doris comppersonal be	In (BP). (Photo print) In Darrel Sidwell. This we not a courth attempt prof 2 weighs less than 150! nel's begin again with Frost got a personal besage class. This was Neal's dhis second personal It Eric Kanitz got a big dunior men's title. Eric all ttempt, Jerry Flexter too 105, weighing in at 148. See positive guys you vays smiling! Jerry Thor his win at master 40-4 pulls, Jerry! Doris Scot of lifting with her win a pleted a perfect day oest 150. Josh Weaver to	ras Darrel's first did great finish- 100. Not bad for In the deadlift the special ath- 11 the second win of record. Great eadlift with 300 most got 320 on the submaster jerry's another just like to be man went three 9 to finish with toontinued her t master 40-49. of lifting with a ok the 123 open	courtesy of Son Lig class with a pr 205. Lots Hager continued his win big 350. This guy is strong Furey pulled 460 for th missed a pr 500 at the loc Cill with 555. (Guess he Jerry in the bench!) Dann him best lifter honors for Hutchinson was second a in at 1931 (I remember w just keeps getting fatter! 550. Normally a 600+ pul he was at and work on h VanBruaene, winner of finished with a great 350 especially to Benny Hut for their help and to ev make this another fun co Darrell Latch for providing	of potential there! (at SHW, finishing we! In the open classes, se win at 181. Rob kout. At 198 it was Da had to avenge his los y's pull at a 198 bwt. Or the competition. Be it 198 with 420. Weighen he was 165) the Ed Clark won at 242 ller, Ed came to see whis technic. Last was the teenage title. It pull at a 181 bwt. The chinson and my son reryone else who help mpetition. (thanks to ng these contest resu	THE GYM of Minnesota P nium Bench/April 8, 2000 (th a were 19 co Rob standouts went 2 for 3 stones of the standouts with easy lifts. Bre made a third watt was special than anks cahill - who love Makt which or . When the standouts went and the standouts will be standouts with the standouts went 2 for 3 standouts with the standouts went 2 for 3 standouts	Owerlifting Deadlift (In the be In	uth, Minnesota gederations: Championship ench press comp s. The most r losa (123 High lows a lot of p c lower solution). SHWT) who box (848), Kregg W (814), In the E a lifters. Deadli enchance at 335! Mike So a 600 on a 2nd ry Jones, Doug essome job of just of or loading a lower for post of the Powerlittin	2000 Millet on Saturda setition the total total setition the total School) who total School set we spend in the opened of beadlift con iff standou who made s) who easi renson (19 I Attempt. Moore, Ji udging. Braund spotting grer (Gy providing the con Saturda Sa
							W MA	rld Powerliftin		rionTM	40	200	
tles to his cre oned veteran	who is al	lso a	multination	al cham-		2	WOI			1011-1	200	A COM	
ion. Lifting in hed with 85.	n the mas	ster	40-49 class,	Jerry fin-			1	YEAR			(3)	W.	
ad a perfect t	three for	thre	e day, as did	Jerry, to				Membership	Application				
inish with 70. Doris, who als	This was	a ne	w personal re	ecord for		THE PROPERTY OF THE PARTY OF TH	D00				answ.	OPPORTUDE!	
ears. Josh We	eaver con	mpel	ed for the fi	irst time,									
veighing in at 1	115, to tal	ke th	e open 123 c	lass. This			PLEAS	E PRINT CLEARLY	* COMPLETE A	LL BLANKS			
ust missing 16	O for his fi	inal	attempt! The	last lifter									
n this division uperheavywei	was big (Greg	Hager, who	took the									705
out of compet	tition for	a w	hile, but sho	ws great	Las	st Name			First Name			Initial	
trength and a	ability. In	n the	e open class	es, Matt									
anBruaene go n the teenage	e class w	vith	280. This wa	s Matt's					BUSCE B				
econd compe	etition. Ro	oy G	rathler took	the sub-	300	eet Address/P. O. Be	OX						
naster class wi ttempt with a	ith 350. Re	oy's	Walker easily	won the		TANK BUT							
naster 40-49 cl	lass with h	his o	pener of 540.	565 was	Cit	v			State		ZIP		
ose but not qu	uite in the	e gro	ove. Bob still	was able	Cit	,			- Control				
capture the	best lifte	r titl	e, weighing i	econd at								-	
aster 40-49 w						lephone Number		Date of Birth		Age		Sex	
aird attempt a	and 365	for I	his fourth. Be	oth were		repriorie Number		Jane Or Direct					
ersonal bests,	, this bein	ng Bo	ob's first com	petition.									
the open we						cial Security Number		Occupation			Date of	Application	
wice. Jerry Po	ole, in his	s firs	t competition	, won at	500	cial Security Number	1 5 3 2 1 1 1 1	Occupation				· · · · · · · · · · · · · · · · · · ·	
98 over Dann	ny Gill (w	(forhy	. Jerry looke	d strong.									
etting all of l	his lifts in	n an	d ending wil	th a 405		F UNDER 18 PARENT		THIS APPLICATION I CE					
ersonal best.	Danny or	nly g	ot 315, but 1	what can		MUST INITIAL		BOVE ANSWERS ARE TH					
ersonal best. ou expect from	om a gu	y at	out to turn	FORTY,			CORRECT A	ND THAT I AM ELIGIBLE	LIN				
harried to a i	much you	of I'd	ting with	wile. Ed			THE W.P.O.	CE WITH THE RULES OF					
lark had a gr ttempt for the	e title at 2	42 1	d went on to	lock out									
great pr 555	for his for	urth	attempt, whi	ch would	Marin Str.		SIGN	ATURE X					
ave given him	n best lifte	er fo	r the day. Tir	n Wilson									
another fine	lifter who	o to	ok the open	275 class			YEAR	2000 Membership	Registration Fed	e: \$ 25.00			
ith a strong 4	450. Two	atte	mpts with a	personal			· LA						
est 475 were	just short	t of k	ockout. Big Ea	arl Yingst		Mail A	polication	& Check To:	Huge Iron P	roduction, I	nc.		

Mail Application & Check To:

Huge Iron Production, Inc. 910 S. Atlantic Avenue Ormond Beach, FL 32176

Charles Lee BP Challenge 15 Apr 00 - Lima, OH

13 7	pi o	- Lima, Ori	
WOMEN OPEN		165 (50-59)	
105		M. MIRON	220
T. TROYER	80	198 (70-79)	
165		C. LEE	230
N. BEASLEY	160	MEN OPEN	2007
MEN	1000	132	
TEENS		T.DOUCE	220
132 (13-14)		E. SWEPSTON	210
E. SWEPSTON	210		210
165 (17-19)	210	M.HUNTER	315
J. SIMPSON JR.	270	B. WHIPPS	315
K. SHEPARD	265	I. BOWERS	270
181(15-16)	203	165	2/0
S. RACHEL	205	Y.DEMOSTHEN	FERRE
	203		THE RESIDENCE OF LABOR.
181 (17-19)	200	S. MANNIS	300
K. CASTLE	260	D. THOMAS	285
B. IRONS	245	181	E TIE
198 (13-14)		R. BOPP	385
L. EHRSAN	215	T. LARIMORE	365
220 (15-16)	467	M. SPREEY	360
D. CRAMER	300	198	
275 (15-16)	-	M. MANNS	420
K. ARGABRIGHT	265	T. EHRSAN	380
MASTERS		M. MILLER	250
148 (40-49)		220	
L. WILLIAMS	155	O. WILLIAMS	415
242 (40-49)		J. THOMAS	390
B. McCOLLOW	350	D. SHEPARD	380
R. MANNS	340	275	
R. HARDESTY	320	G.HESSELING	450
275 (40-49)		R. MOORE	370
D. DICKE	450	SHW	
SHW (40-49)		D. AHR	540
D. STUCK	455	D. STUCK	455
Meet Director: Jo	ey Sim	pson. Special than	ks to his
wife Carla (Asst.	Dir.),	Alicia Bell (YMC	A PRO-
GRAM DIR.) & re	eferee	S Oscar Jones, Al	Lotus, J.
Killjohn, spotter	s & 1	oaders, C. McDe	uffie. C.
		YMCA is owed a bi	
		beautiful facilities	
		e use of basic pow	
		urred. The lifter o	
open grip, lost th			
down on his ches	t at fu	Il extension. The	incident
was described to			
moment. Althoug			
		would like it he	
regulation power			
lee@webtv.net.Th			
for providing the			
or bround me	Court	To this meet to /	Lusay.



D. Ahr benched 540 at the 2nd annual Charles Lee Bench Press Challenge, however, since it was a touch and go meet and (as seen above) elbow wraps were allowed, these lifts will not be counted in the PL USA TOP 100 rankings. (photograph provided courtesy Lee)

Nebraska State and Midwest Open R. ROSTERMAN 415 R. EVERETT 465 29 APR 00 - Omaha, NE

WOMEN			
OPEN			
181		J. STUCK	450
B. SWANSON	255*	TEEN:	
MEN:		198	
OPEN		L. HAUGER	325
181		SUB-MASTER	
B. HECK	475	220	
R. WILLIAMS	425	T. HOLZAPFEL	465*
220		MASTER (40-49)	
A.WILSON	490	181	
T. HOLZAPFEL	465	C. BLADES	290
275		275	

	NOVICE 165	415	DEAD WOM	LIFT	465
	T. GILBERT	280	OPEN	EIN	
	181 B. BRATETIC	275	123 I. NUS	cco	280
	198	2/3	NOVI		280
	C. LANDRIE	325	123	L	
	242		J. NU	SSER	280
	T. CARNES	235	MEN:		
*	SHVV			ER (40-4	19)
	J. TEXLER	475	SHW		
	OPEN 181		T. ACE	RS	620
	I. LOFTMAN	315	OPEN 220		
	SUB-MASTER	313	J. RAM	IDF7	455
	198		242	Ince	433
	S. BRICLEY	350	M. UH	RLAUB	600
	220			R (40-4	9)
	T. HOLZAPFEL	465	181		
	M. REINIG	430	J. JON	IES	570
	NOVICE 275		SHW T. ACE	ne	620
	WOMEN		BEN	DWL	TOTAL
	MASTER (40-49)		DEIT	Ditt	IOIAL
	148				
	Z. BAUMEL		160	375	535
	NOVICE				
	132				
	T. RICE		105	240	345
	MEN OPEN				
	114				
	V. TRAN		260	440	700
	TEEN		200	440	700
	132				
	TJ.HERNAN		170	320	490
	SHW				1
	J. HATCHER		315	500	815
	SUB-MASTER 198				
	M. WILL		470	600	1070
	MASTER (40-49)		4/0	000	1070
	181				
	S. STICKNEY		300	410	710
	MASTER II (50+)				
	220				
	U.KANTO		300	570	870
	NOVICE 181				
	P. HORNIG		315	480	795
	242		313	400	793
	B. SIMET		370	550	920
	WOMEN	SQ	BP	DL	TOT
	OPEN				
	165				
	K. GRANDICK	335	170	370	875
	SUB-MASTER 148				
	N. FULLMER	250*	180*	370*	800*
	MEN:	200	100	3/0	300
	OPEN				
	165				

350 530

445

1300

1185

S. AUXIER

I. GRIFSS

C. OMAR

D. PEARSON

J. McGRATH

D.J. SATTERFIEL MASTER I (40-49		300	430	1065
198 T. GRINDSTAFF	405	275	3 85	1080
220				
J.ANDERSON MASTER II (50+)	58 5	345	550	1480
198 R. CHARTIER	480	265	500	1245
C. TONEY	365	275	500	1140
NOVICE 242			2000	
T. YOUNG WOMEN	410	310	435	1155
OPEN 165				
K. GRANDICK	335	170	370	875
J. COX	230	155	265	650
SUB-MASTER 165				
S. BRESSMAN	305	185	290	780
MASTER I (40-49 165)			
y. BONAR	250	145	225	620
NOVICE 165				
. COX	230	155	265	650
MEN:	-30	133	203	030
DPEN				
165				
S. AUXIER	430	310	500	1250
C. THOMPSON	465	385	575	1425
. GRIESS	420	350	530	1300
220				
C. P.ARRISH	590	435	570	1595
KING	600	425	540	1565
EEN	000	720	340	1303
114				
D. BAILEY 132	260	200	305	765
D. RATH	235	165	250	650
148				don
L. MALCOME 165	255	180	345	780
N. KRAMER	305	225	305	835
E. IBARRA	250	175	310	770
220	290	255	200	
G. ACON 242	290	255	390	935
SCOTT	275	220	330	825
SUB-MASTER		255 III	No Should	Will die
220				
C. PARRISH	590	435	570	1595
. KING	600	4 25	540	1565
All - time Nebra	ska Sta	te Reco	rd. rega	rdless

320 250 385 955

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275

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SUB-MASTER D.MCCANN

I. BOUKAL

29 APR 00 - Seminole, OK

230

198
H. Lehma OB
J. Brando JB
C. Poun MB
C. Poun MB
C. Richard OB
C. Richard OB
C. Richard OB
C. Richard OB
C. Cox IB
C. Cox IB
C. Pout MD
J. Jallon JD
J. HI JDR
J. HI

H. Lehma SB 420 R. Richard OD 565 H. Lehma SD 535 L. Cox JB 365 220 375 C. Caput MD 570 S.Murphy MB 370 242 C. Lacall JD 370 R. Columb JB 235 R. Columb JD 420 L. Lavall JB 275 T. Porte JB 325 P. Mounkes OD 550 J. Park MB 385 D. Cook SD 555 P. Mounkes OB 450 275 Cook SD 550 275

J. Park MB 385 D. Cook SD 555
P. Mounkes OB 450 275
D. Cook SB 450 R C Talton MD 625
NOTE: WOB-WOMEN OPEN BENCH PRESS; OB-OPEN

BENCH PRESS; JB-JUNIORBENCH PRESS; SB-SUB MASTER BENCH PRESS; MB-MASTER BENCH

PRESS: OD-OPEN DEADLIFT: ID-IUNIOR DEAD-LIFT: SD-SUB MASTER DEADLIFT: MD-MASTER

J. Caputo JB T. Stack OB

D. E. Sea JD B. Pratt JB
D. Neil MB
R. Dale OB
L. Blackb WOB

J J Talton JB

R C Talton MB 425

535

R. Wolf SB

R. Lee C JD

DEADLIFT

165

370 D. E. Sea JD

-		2000 Powerlifting Classic						
-	20 MA	Y 00 .	Dany	ille, II				
-	132	SQ	BP	DL	TOT			
-	JORDAN	400	250	430	1080			
-	148							
-	IONES	500	335	500	1335			
-	TAYLOR	500	320	475	1295			
-	165							
-	HOLMES	625	350	600	1575			
-	HENDERSON	365	200	410	1055			
-	181							
-	BROWN	655	325	635	1615			
-	DAVIS	450	350	550	1350			
-	STARKS	465	350	520	1350			
	198							
_	NICHALSON	575	345	650	1570			
-	GARCIA	575	300	600	1475			
	JENKINS	500	350	600	1450			
	RAWLS	600	315	515	1430			
_	220							
_	HUNT	550	415	575	1540			
	RICHARDSON	405	375	500	1280			
	242							
	WILLIAMS	600	440	700	1740			
_	L. PACE	650	385	675	1710			
-	275							
-	CARROL	770	475	675	1920			
	MASTER							
-	242							
-	40-44							
-	L. PACE	650	385	675	1710			
-	The first meet fo				Danville			
_	was a success. So	me new	faces a	s well as	old ones			
	made for a lot	of fun	with a	most e	very one			
	chasing persona	record	s in eac	h weigh	t class. It			
	chasing persona	record	a mi cac	cigii				



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30 API				
Grand Master 242			DL	
J. Fyda	140	90	190	420
Master D. Miller	140	90	190	420
Grand Master				
173 B. Cox			190	

9 Jan	00 - W	/ayma	rt, PA	
132 lbs.	SQ	BP	DL	TOT
Smolinski*	355	210	400	965
148 lbs.				
Gomez	450	280	500	1230
Hoang	365	250	425	1040
Vasquez	335	245	385	965
165 lbs.				
Peterson	430	315	500	124
Dale	325	300	455	1080
Huang	350	-	450	800
181 lbs.				
Muhammad	450	330	420	1200
Benzie	350	260	435	104
198 lbs.				
James	575	360	575	1510
Soliman*	565	330	570	146
Talet	530	-	600	1130
Welcome*	-	370	-	370
220 lbs.				
Olmo	540	360	620	1520
Fitten	505	375	550	1430
Searle*	490	325	515	1330
275 lbs.				
Rittenhouse	500	340	530	1370
SHW				
Moore		335		
*-Outside Con	nmunity	Lifter. E	Best Lift	er-heav



1st place finishers in the SCI Meet (I-r): V. Gomez, T.Peterson, J. Rittenhouse, Smolinski, Olmo, D. Moore, M. Muhammad, D. James. (this photograph provided courtesy of the Activities Department).

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70

	Mich					Master 40-44				
	EC 99		nigan			M. Holowchak	480*	370*	505	1355*
BENCH		198	According to			Dr. J. Darga				
WOMEN		K. Ad	elson		360	J. Smolinski				
Masters 45-49		220				Master 50-54				
D. Ahrens	105*\$	J. Swi			405	R. Smelker	450*	185*	450*	1085*
Submasters 33-39		C. Ca	dotto			R. Muskat	200*	190*	275*	665*
K. Tesnovich	145*\$	242				B. Dustman				
Open		B. Na	ssar		375	Master 60-64		THE STREET	-	
148	ort of the	275				L. Hughes	275*	230*	330*	835*
T. Delamielleure	115	B. We			365	Master 70-74				
MEN		DEAD				B. Creech	200*\$	110*\$	215*\$	525*\$
Teen 18-19		WOM		-		Master 80-84				
L. Crescentini	260*\$		aster 33	1-39		R. Merrell	85*\$	90*\$	180*\$	355*\$
Junior 20-23	TOTAL		novich		270*	Open				
J. Johnston	330		r 75-79			132				
Submaster 33-39		J. Mei	rrell		65*	J. Schmidt	355*	230	385*	970*
J. O'Brien	355	MEN				165				
Master 40-44		Teen				C.J. Champine	405	275	410	1090
J. Peretick	375*\$	L. Ma				181	440	250		****
T. Delamielleure	430*\$	550*5				A. Ward	410	250	500	1160
M. Morefield	365*		aster 33	-39	***	198	***	200		
L. Crews W. Crescentini	365 280	S. Tra	cy er 45-49		425	K. Adelson 220	405	360	500	1265
	280				400*	D. Sierpien	670	460	620	1760*
Master 45-49	365*	J. Hur	r 75-79		400	D. Carrol	670	460 505*	630 555	1660
J. Hurtado Master 50-54	303	R. Me				M. Szudarek	670*	320	640*	1630
R. Ingram	440*\$	180°5				C. Cadotto	665	320	640	1030
M. Varwig	315*	Open				242	003			
Master 55-59	313	165				B. Nassar	475	375	440	1290
S. Skavery	355*\$		hampin		410	S. Rivers	475	340	475	1290
Master 75-79	333 \$	181	nampin	e	410	B. Boroski	355	340	440	1135
R. Merrell	90*	1 750 150 150	rick, Jr.		540	275	333	340	440	1133
Open	90	220	rick, jr.		340	I. Zemmin	730	630*\$	560	1920
181			udarek		640*	D. Vontom	475	300	475	1250
	440*	C. Ca			010	I. Harbourne	450	345	420	1215
R. Ingram POWERLIFTING						308				
WOMEN	SQ	BP	DL	TO	T	P. Stratakis	810*	405	625	1840
Junior	E Alle					R. Johnson	660	460	570	1690
T. Muskat	230*\$	110*\$	270*\$	61	0*\$	SHW	-		0.0	
J. Spittal	290*\$	140*\$	315*\$	74	5*\$	J. Hinze				
L. Walsh	180	100	220	50	0	Guest Lifters				
Submaster 33-39						D. Radel	230			
R. DeFelice	325	150*\$	270*\$	74	5*\$	J. Yu	330			
K. Tesnovich						B. Luchnier	505	510		
Master 50-54						T. Anadiotis		545		
S. McPhail	75*\$	75*\$	145*\$	29	5*\$	* Denotes new A	APF Mic	higan S	tate Rec	ord. \$
Master 55-59	300				il and	Denotes new AP	F Michig	an State	e Recon	d. Meet
P. Wexelberg	185*	95*	245*\$	52	5*	Promoters: John	Maddox	John C	ucuirea	n. Head
Open						Judge: Robert Sp				
148						Mike Andrus. So	core Tabl	le: Kitty	Wood,	Debbie
L. Fortin	240	100	285	62	5	Cucuirean, Renal	a DeFeli	ce. MC:	John M	addox. I
181						would like to star				
P. Wexelberg	185*	95*\$	245*\$	52	2.2	leaders and spot				
MEN						would still be at				
Junior	***	220	***		-	Dan DeFelice and				
J. Johnston	405	330	440	11	/3	their assistance a				
C. L						to thank our otl	ner snon	sors: Fi	Inoce II	nlimited
Submaster 33-39	***	4604	F70		00##					
R. Johnson	660*\$	460*	570		90*\$	Gym, Royal Oak	, MI; M	athews,	Reich,	Perna &
	660*\$ 490	460* 370	570 580	169			, MI; M.	athews, Bingh	Reich, am Far	Perna & ms, MI;

year's State Meet was a great success with almost 60 lifters competing, and numerous new state records being broken. I enjoyed watching the ten women lifters. They were very impressive. Especially Renata DeFelice who was lifting quite well despite her recent discovery that she has multiple sclerosis. Other big lifts of the day belonged to John Zemmin and Paul Stratakis, John benched an incredible new state record 630 pounds and came close with 660. Big Paul Stratakis squatted a monstrous new state record 810 pounds. Paul injured his leg after that huge squat which bothered him later in the deadlift. You only have to look at the incredible numbers those master lifters pushed. Ben Creech (71), Roger Merrell (80), and Josie Merrell (77) go to show that you can be involved in this sport for a long time. These people keep getting stronger every time I see them. I do apologize for the delay in posting these results. I am a certified public accountant and got tied up during tax season. This will not happen next year. Good luck to every one. I hope you all get bigger totals next year. (results from John Maddox).

AAPF/A 13 MA				
AAPF RESULTS		THE PARTY OF		0,
WOMEN 60	SQ	ВР	DL	тот
Novice	I com	-	hand.	1000
N. Moore	77.5	47.5	105	230
Teen 15-16				200
T. Pellman Masters 45-49	92.5	52.5	115	260
S. Byars	97.5	45	115	257.5
MALE	97.3	43	113	237.3
Novice				
110				
M. Watson	247.5	177.5	255	680
Teen 13-15				
52				
G. Hernandez	62.5	47.5	105	215
60				
R. Morris	110	65	112.5	287.5
C. Cooper	125	80	167.5	372.5
75	123	00	107.3	3/2.3
K. Hill	120	82.5	152.5	355
100				
F. Lujan	175	115	197.5	487.5
110				
E. Patton	177.5	145	170	492.5
Teen 16-17				
75				
J. Whiteside	142.5	102.5	155	400
82.5 C. Stafford	177	112	100 -	400
C. Stafford	175	112.5	192.5	480
I. Bider	257.5	450 5	222.5	C22 F



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INITIAL	I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE A P.F.	SIGNATURE	>

Photos in PL USA ... you are welcome to submit them - of yourself, a PL friend, or an interesting person you've come across. Black & white or color, print or slide, is fine as long as it is sharply focused and properly exposed, and we need identification of both the subject and the photographer. Send to Box 467, Camarillo, CA 93011. (we pay for those shots we publish)

M. Austell Teen 18-19 56	200	127.5	205	535
R. Davis	100	77.5	137.5	315
D. Serach L. Bevull 82.5	160 200	87.5 137.5	175 175	422.5 512.5
C. Carrier R. Rodriguez	187.5 220	125 120	205 230	517.5 570
L. Atkins 125	242.5	155	237.5	635
B. Rushing Juniors	230	142.5	217.5	590
75 B. Aven	127.5	107.5	197.5	432.5
A. Abeyta Open	230	125	225	580
82 A. Abeyta	230	125	225	580
100 L. Jones	300	197.5	282.5	780
B. Foreman	245	165	320	730
Masters 50-54 100 B. Sims	205	130	205	540
APF RESULTS MEN				
Novice 82				
K. Taylor 100	162.5		180	460
E. Causey 125	237.5		230	632.5
J. Duke Juniors 110	282.5	187.5	200	730
J. Rowland 125	230	152.5	192.5	575
H. Thomason Open 67	382.5	185	300	867.5
B. Marotto	207.5	140	192.5	540
D. Contreras	280	185	257.5	722.5
J. Jackson 125	310	182.5	235	727.5
J. Duke Submasters 82	282.5	187.5	260	730
K. Taylor	162.5	117.5	180	460
R. Freeman R. Hardy BENCH	197.5 282.5		215 250	577.5 712.5
AAPF Teen 18-19 74		M. Gree Masters		177.5
L. Bevill Teen 13-15 90	137.5			107.5
J. Davis Open	137.5	MEN AAPF		
M. Martin	215	Submast 100		
Submasters 67 K. Gasparovic	67.5	S. Ashcra Teen 16- 100		127.5
100 S. Ashcraft	97.5	D. Ferna Teen 18-		167.5
Masters 50-54 125		75 L. Bevill		175
C. Patterson Masters 80-84 67	165	APF Novice 82		
J. Heizelman APF	70	R. Green 125	P 4	207.5
Open 90		M. Farha WOMEN		282.5
M. Lozano 100	175	Submast 75	ers	CARROL
M. Green 125 T. Counts	177.5 237.5	B. Hochi Masters		172.5
Submasters 100	237.3	J. Dickso	n	175
(Thanks to Kirk St	roud fo	or providi	ng the r	results).

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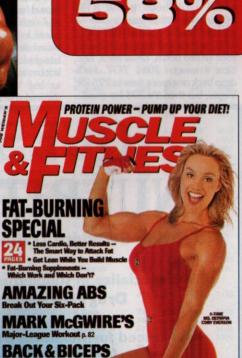
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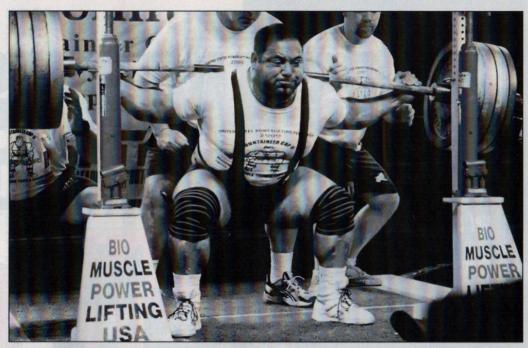
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got a 722 SQ but didn't receive credit for his two completed tries with 766 - presumably due to depth. What a bencher this big boy is: 567, 606, and then a great 622. His momentum carried him through with a 694 2nd attempt success in the DL - TOT 2011. This gave him 7th position, beating out Buono by virtue of lighter bodyweight. In 6th place was the fast rising Alabaman Shelby Robbins. Shelby usually lifts reduces to the 275s. He finished runner-up at the APF Seniors two weeks earlier, and made the WPC World team. With no reason to do make weight here, he came in at a whopping 305. At this weight Robbins has 33" inch thighs and an upper torso that would make any mountain gorilla proud. Shelby used the suicide drop SQ style, bouncing off the bottom with his huge leas and 804 was toast! He gave 826 a good rebound also, but didn't quite follow through. In the BP, he forgot the different USPF start signal, and though he zapped 529 like a broomstick, it was no lift. He went straight to 551 and destroyed it - 3W. A PR 567 try was within scant inches of success. Shelby opened with 705 a PR - and rocked back on his heels, then settled down, came back, and blew it away - 2061 TOT. He'll drop back one more time to 275 for Vegas, but then it's 308 for good -



Scott Smith was at his biggest: bodyweightwise, strengthwise, and paydaywise. (Jason Burnell photo)

then WATCH OUT!

The 5th place finisher was a real crowd favorite. He's 5'10" - 381.4. and with an official 2143 on the books in late 1998, Tony Saunders bears striking resemblance to his late great hero Paul Anderson. He's known to his friends and followers as big "DADDY SQUAT" and showed the reason why here. He

has a jovial, warm outgoing personality that endears him to everyone he meets. He opened higher than anyone except Coan - a big 903. He dumped the first one over his head and it hit the deck with a thunderous boom. Another try was not low enough, they said. With his back to the wall, Saunders forced his mighty shoulders under the pon-

derous apparatus and descended deep - deep - deeper. Then he slowly came up. This time GOOD! Tony rode the crest of his ovation through the remainder of his lifts. He knelt before the bench and prayed before launching up his 523 BP. His 683 sumo style DL came right up, and he pulled 705 just as easily, maybe an inch from lockout

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TOT 2110. This gave him the lifetime biggest 271.3 lbs. and he USPF win, as well, over Mr. Buono. The 4th place finisher was none in this three way dance was Ed other than Ukrainian Vladimir Coan, the 36 year old phenom Ivanenko who weighed in at 241.4 lbs. Vladimir had some bona fides coming in. He'd won 2 silvers, a bronze, and la 1st place gold at 242 in the IPF World Championships. It was there he SQed 916 to bust the IPF WR of Kirk Karwoski bu one half kilo. Ivanenko made an 892 2nd attempt SQ good, but missed a huge 926. Vladimir got a 507 BP following two misses to stay alive. Ivanenko, a Master lifter, pulled 749 on his list try for 2127 TOT. not far from his PR of 2160! Finishing in 3rd place in this year's competition was Viktor Naleykin, 47, a stocky (300.7 lbs) 5' 7 1/2" powerhouse hailing from the Ukraine. Viktor took home the money at the first Mountaineer Cup last year. Since the economy in UKR is the pits (average monthly income equivalent of 30 US dollars) this will keep him and his family fed for years. His career started as a WLer back in 1981 at Kiev where he hoisted 369 in the snatch and elevated 468 overhead in the clean & jerk. In 1994 he became IPF World Champ @ 275 with 2116 TOT. Then in 1997 he won the Superheavyweight gold (2193). Viktor had two roadblocks standing in his path if he was to become the Cup Champ again. Let's showcase the two Americans who offered his primary opposition: Scott Smith, is a former IPF BP WR holder at 242. Early last year he became APF National bench press champ, hoisting a remarkable 650 to win that event at 242 sans shirt. At last year's USPF Sr. Nats Scott severely injured his shoulder pinioning himself beneath the SQ bar. That caused nerve damage in his hand and made the recovery process slow and tedious. The torn shoulder muscle is

now healed and Scott came in at his

oric rise began in 1983. As he ascended through the categories, he left in its wake a cataclysm of shattered records. His list of titles and achievements could fill a book and, in fact, it does: THE MAN, THE MYTH. THE METHOD a biography by Marty Gallagher and it's available from Coan Quest, INC. With the highest recorded PL TOT in History in his name (2463), Ed strives to reach the barrier that no one has ever broken - 2500 lbs. Injured last December, Ed has spent the last 6 months rehabilitating for another assault on his goal. Only weeks before this event did the scar tissue in his leg break up. Ed appeared confident and ready. He came in @ 244, his first ever venture into the 275 lb. wt. category. Both Smith and Coan are built along the line of cement mixers. Scott motored through his SQs like a machine pre-programmed to do so: 793, 832, and finally a perfect 859. Naleykin began with 859 - no problem! He took 903 deep and arose for 2W but got pinned with a 926 try. Coan picked 920 to start off; took it rock bottom - a characteristic trait - and stood right up. Then it was up to 964 for a 2nd attempt that went just as easy. He was pacing himself, wanting to avoid injury. He picked 992 for his final lift; 27 less than the 1019 I'd seen him manhandle at last year's USPF Seniors. He stepped back, and set himself, but before he could start the lift, he got struck with severe abdominal cramps. He wisely aborted the try, and was assisted back into the SQ stands. In the BP: Naleykin posted 496, then 518, but couldn't finish off 529. Coan

sure looked it. The primary player

from Evergreen Park, IL. Ed has

been in the game for 20 years. To

make a long story short - his mete-



began with 556, then pushed up 573, a weight equal to his best perfectly. He tried 584 a PR, but couldn't lock it out. Smith exhibited three perfect powerful strokes: 595, 622, and finally a mighty 633 executed in perfect form - 3W. Subtotals going into the final lift read: Coan (1537), Smith (1493), Naleykin (1421). Scott continued his string of successful lifts hoisting 677, 727, and finally 744. His TOT was 2237 - by far his best ever - and he was the only man to make all 9 of his attempts. The stout Ukrainian lifted 749, and 793, and was certain of no less than third place. Now a bit of controversy reared its head. As heavier man to Smith, Naleykin needed 821 to total 2243 and beat the Smith. However, 810 was loaded. Viktor came out and pulled it strongly looking good for more. Due to the language barrier, miscommunication or whatever, he hadn't lifted what was necessary to gain 2nd place. Naleykin felt he'd been dealt a rotten apple. Meanwhile, Coan wrapped up first place and the Mountaineer Cup first place title with his 804 DL opener. He backed this up with 865, which looked no different than his first lift. His TOT was 2403, not his best, but far beyond the efforts of mortal men. He was presented the 10 thousand dollar oversized first place check. Smith won the \$2,000 2nd place prize. Viktor Naleykin won nothing this year. Smith felt bad about these circumstances and made a kind good gesture. He gave Naleykin \$500 of his own prize money out of the kindness and generosity of his heart. Is that a

will air later this summer on the ESPN Network. Thanks to promoter Nick Busick. He extended kindness, generosity, and good will to everyone far and above what anyone could possibly have expected. On behalf of myself and all the athletes and officials, my heartfelt thanks for his unselfishness and

devotion to the greatest strength sport of all - powerlifting! The word "politics" doesn't appear in Nick Busick's dictionary. Word has it that next year's Mountaineer Cup may be in Reno, NV. See you then!

325 760

115 275

USPF Senior Nationals Y2K 24,25 JUN 00 - Chester, WV . Danforth . Soloman . McCase gesture of a true sportsman or what? It was a stellar presentation. It

Tim Bruner won the long-running "internet bet" with Jason Burnell

WNPF Virgina Natural PL 29 APR 00 - Richmond, VA

BENCH PRESS 148 LIFETIME RAW OPEN RAW 235 GARDNER TRAN 165 17-19 RAW 235 DEADLIFT 20-23 RAW FSTEP 255 500* 20-23 RAW 275 500 PAGAN FRIEDLINE 33-39 40-49 RAW HANNAH BRAVARD 260 POL/FIRE/MILT, RAW 40-49 PAGAN 285 HANNAH 20-23 RAW THOMPSON 70-79 RAW SIMKO 270 TURNER-BL 650 275 LIFETIME 215 220 GARDNER LIFETIME HELMER LIFETIME RAW 50-50 PAW 535 400 365 HELMER-BL 17-19 RAW HARROP 410* 325 NUNNALLY POWERLIFTING WOMEN 165 SQ BP TOT 40-49 275* 180* 350* 805* HAYES 33-39 PHILLIPS MEN 275 175 355 805 12-1 3 CARTER 165 185 400 60-69 MILLER LIFETIME CLINEVELL LIFETIME 40-49 BAKER 340 300 495 ALSTON 550 1325 LIFETIME TYLER OPEN RAW 525 300 550 1375 460 350 450 1260 NOVICE RAW HUMPHREY 350* 450* 1260* 220 17-19 RAW OYLER 350 255* 510* 1115 KUHNS 450 315 LOGANBILL 525 525 OPEN LUNSFORD 485 325 525 1335 33-39 JONES LOGANBILL 390 315 315 525 515 525 1365 SHRADER 510 1340 33-39 RAW HYNDMAN 405 330 455 242 17-19 SCOTT 500 275 20-23 RAW ANICITO UFETIME TURNER 405* 365 455 1225 430 WARTHAN OPEN TAYLOR 40-49 PHILLIPS 525 390 570 275 14-16 270 GETTY 500 480 1250 LIFETIME 380 350 **EMRICH** 560 590 1500 LIFETIME RAW BROOKS 225i 33-39 COODMAN 420 1750 420 630 1750 GOODMAN PATTON 575 380 530 1485 OPEN KNOWLES- BL 750 480 725 1955 33-39 650 450 BRIGGS *-WNPF AMERICAN RECORD, BL- BEST LIFTER, I-INJURED; TEAM CHAMPS-POWERLIFTING-WALK-ERS GYM. WHAT A MEET, THIS WAS A GREAT MEET, I THINK THE SURPRISE TO MOST LIFTERS

WAS THE OFFICIATING, THE SPOTTERS WERE TOP



WNPF Virginia Natural: Chad Knowles (320 lbs.) attempts an 825 lb. squat to break his old American Record of 805. (Photo by Lance Bravard)

STATE RECORDS. (WNPF) (Thanks to the WNPF for providing these meet results).

AND THE GREAT ANNOUNCING BY LESTER **USAPL North Carolina State** FIELDS, WE WANTED RPINCACOODMEE RICHMOND BECAL WEPLANTO COMEBA

FIELDS. WE WANTED TO	O Drie L I		Caron		ucc
BRINGAGOODMEETTO	28 APR	- 00 5	Kinst	on, NO	
RICHMOND BECAUSE	WOMEN	SO	BP	DL	TOT
WEPLANTO COMEBACK	Open	-			
LATER THIS YEAR.	165				
THANKSTO MR. WALKER	C. Gonzalez	180	110	225	515
FOR BRINGING A 14	Teen 14-15				
MEMBER TEAM TO THE	132				
MEET, THANKS TO THE	D. Moore	260	125	300	685
OTHER GYMS IN THE	MEN				
AREA FOR SUPPORTING	lunior				
THIS MEET, SOON WE	148-165				
WILL HAVE TO FIND AN-	I. Moore	475	315	425	1215
OTHER LOCATION BE-	J. Sanderson		290		290
CAUSE THIS AREA IS	148				
GOING TO GROW.	J. Tart	375	250	405	1030
THANK YOU TO THE	T. Stallings	325	215	350	890
SPECTATORS FOR	Open				
CHEERING ALL OF THE	165				
LIFTERS ON, I KNOW	M. Garner		315		
THEY APPRECIATED IT	P. Harrington	560	375	540	1475
AND THANKS AGAIN TO	148				
THE WNPF STAFF FOR A	D. Ginn		225		
JOB WELL DONE. THE	Open/Masters 40	1-44			
TOPLIFTS IN EACH CLASS	114				
WERE NEW VIRGINIA	B. HunneyCutt, J	r.	215		

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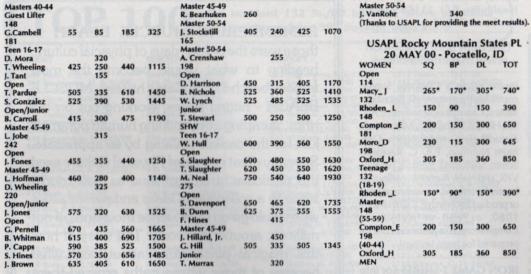
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)*	181				
	Clayton _	600	350	520	1470
)	Clayton_D	450	365	550	1365
	Erickson_R	490	275	540	1305
)	Raptosh_Z	510	330	410	1250
	Mecham_S	410	365	460	1235
,	Hall _	445	240	475	1160
	198				
)	Berry_ C	650	450	575	1675
	Hill_B	550	335	615	1500
	Roope _D	555	385	480	1420
	Compton _B	485	360	540	1385
)*	Stansfield _C	500	345	500	1345
	Hatch_C	405	250	425	1080
	Fisher _	350	250	450	1050
	Hansen_ M	135	-	_	
)	220				
	Clark_B	650*	380	575	1605
	Zolynski_ J	505	345	605	1455
)	Leavitt_A	500	400	550	1450
	Ragain_R	530	265	550	1345
	Davis_ E	465	300	500	1265
	242	403	300	300	1203
		700	420	665	1785
	Carlin_ C	540	360	560	1460
	Casey_ M	600			1460
6	Anderson_S		340	520	
	Robinson _	460	380	545	1385
9	Smith_D	475	325	425	1225
	275				-
	Thompson_	675	410	660	1745
	Thompson_	525	405	675	1605
	Schultz_S	505	315	505	1325
36.1	Wolf _D	445	340	430	1215
	319				
	Edgell_D	595	405	600	1600
8.1	Teen				
6	165				
200	(16-17)				
2	Fredrickson_S	275	170	350	795
	198				
	(18-19)				
0	Raptosh_Z	510*	330*	410	1250
	Master				
9.1	165				
	(40-44)				
34	McCarthy_D	510	315	515	1340
0.4	Hutchins_T	440	330	475	1245
	181	****	330	4,5	1245
19	(40-44)				
	Clayton_D	450	365	550	1365
	198	430	303	330	1303
15.	15.50mm (100)				
	(45-49)	500	320	490	1310
	Lukens_ J	500	320	490	1310
12.1	(50-54)	400			
	Scardino_A	400	275	425	1100
14	242				
11/	(40-44)				
	Robinson_	460	380	545	1385
2	(45-49)		-	-	
All	Anderson_S	600*	340	520*	1460
1	275				
	(45-49)				

Open 132

Holbrook_M 148

330 230 250

Wolf_D 445 340 430 1215
*- State Record. PLACEMENT BY FORMULA: WOMEN: Macy, Oxford, Compton, Moro, Rhoden.
MEN'STEENAGE: Raptosh, Fredrickson MEN'S
MASTER: MCCarthy, Claylon, Lukens, Anderson,
Hutchins, Robinson, Scardino, Wolf; TEAM: Team
Fitness. (Thanks to USAPL for providing the results)

USAPL Eastern USA BP 29 Apr 00 - Charlottesville, VA

1 Ciliare			
123		35-39	
18-19		Andy Stec	510
Sarah Jones	90	45-49	
148		Sam Morris	400
35-39		Robert Jones	380
Susan Monaco	155		
Men		Kyle Christian	400
165		Jamie Smith	345
16-17		Jerry Pool	300
Ryan Still	285	Police	
181		Robert Jones	380
20-23		Bill Pfaff	340
Tripp Brightwell	365	242	
Police		Open & Police	
DanHicks	165	Charles Swingler	405
198		50-54	
Open & 35-39		A.C. Burke	330
John Shifflett	365	Jay Allen	315
40-44		275	
M. Lichtenberger	440	Open & 35-39	
Ken Nienke	385	Howard Muir	355
Mike Hurd	310	Supers	
		Carl Whorley	235
(Thanks to USAPL	for p	roviding the meet r	results)

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350 Grayson, O..5/13/00 350 McLaren, R..6/17/00 347 Overdeer, A..4/6/00 347 Naylor, D..4/14/00 345 Renn, R..5/13/00 341 Rivera, J..4/8/00 341 Sainto, J..4/15/00 341 Stein..5/26/00 341 Kennedy, D..6/5/00 340 Niederkorn, R..3/11/00

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290 Gallavan, D..3/5/00 286 Miraabella, C..7/17/99 286 Edralin, D..12/18/99 286 Radel, D.6/25/00 285 Wiewora, C..11/19/99 285 Brubaker, J..3/25/00 281 Portnoy, P..9/25/99 281 Kunkel, B..11/5/99 280 Rybčki, N..10/10/99 280 Rybčki, N..10/10/99

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391 Chapman, J..3/25/00 391 Crawford, K. 4/14/00 391 Miller, G. 4/15/00 391 Delgallo, R. 5/6/00 391 Holzbauer, D..5/6/00 390 Miller, J..3/26/00 385 Schmidt, J.12/12/99 385 Tantog, C..12/18/99 385 Osgood, D..4/1/00 385 Owens, W..4/14/00

TOTAL

1372 Taylor, T..7/17/99 1344 Washington, H..5/20/00 1333 Maile, J..3/25/00 1275 Kupperstein, E..2/27/00 1255 Weiss, D..10/23/99 1235 Williams, M..3/00 1227 Clark, A..5/20/00 1212 Wynn, M..8/28/99 1201 Mirabella, C..7/17/99 1200 Whigham..6/3/00

1190 Green, B..7/17/99 1175 Garcia, H..12/4/99 1157 Edralin, D..12/18/99 1155 Weisberger, A..6/18/00 1150 Cooke, J..11/19/99 1150 Hile, P..2/20/00 1146 Young, G..7/24/99 1140 Ortega, J..3/00 1125 Jones. 10/30/99 1125 Mattis, J..11/19/99

1125 Scott, O..3/00 1120 Gallavan, D..3/5/00 1115 Wiewora, C..11/19/99 1105 Collins, T..3/00 1102 Smith, T..4/29/00 1091 Grubbs, C..4/15/00 1090 Ireland..12/11/99 1085 Bryant, M..3/26/00 1085 Wallace, K..3/00 1085 Kiletico, M..6/10/00

1080 Kong, A..7/17/99 1080 Diamond, M..11/19/99 1080 Jordan..5/20/00 1075 McLaren, R..6/17/00 1060 Rosen, I..1/20/99 1058 Beasley, M..3/25/00 1058 Smith, L..3/25/00 1055 Lorenz, K..3/00 1052 Panyasee, J..3/25/00 1052 Corsello, J..5/6/00

1056 Grayson, O..5/13/00 1045 Goodwyn, D..3/26/00 1040 Reinitz, C..12/4/99 1040 Sansom, J..3/26/00 1040 Phillipa, S..3/00 1036 Hansen, S..2/6/00 1030 Ware, V..7/10/99 1030 Kunkel, B..8/1/99 1030 Ruiz, A.10/23/99 1035 Kalina, J..3/26/00

1020 Walker, J..12/11/99 1020 Miller, J..3/26/00 1020 Garcia, D..3/00 1020 DeLeon, R..3/00 1020 DeLeon, R..3/00 1015 Mercer, C..3/00 1008 Rivas, D..4/15/00 1003 Jones, T..3/26/00 1003 Toro, D..6/18/00 1001 Caldwell, J..4/14/00

1000 Gonzalez, W..8/6/99 997 Laney, M..4/15/00 995 Brown, G..3/26/00 990 Smiths, M..1/22/00 990 Sanchez, A..3/26/00 986 Seymour, S..2/19/00 986 Gonzales, N..3/00 985 Gonzales, N..3/07 983 Kawasaki, N..9/17/99 980 Maybrey, B..9/18/99

980 Perez, W..10/23/99 980 Rivera, O..10/23/99 980 Rivera, O..10/23/99 980 Lopez, D..3/00 980 Lopez, D..3/00 975 Dalay, D..3/5/00 975 Flores, R..3/26/00 975 Hernandez, G..3/00 974 Price, H..4/14/00 973 Lark, F..4/14/00

970 Schmidt, J.12/12/99 970 Edwards, C.3/00 970 Smolinski, M.4/15/00 970 Shivas, H.5/6/00 960 Ahmed, H.3/5/00 959 Bell, W.3/25/00 955 Renn, R.5/13/00 953 Park, N.12/11/99 947 Pham, P.4/8/00 946 Price, A.4/14/00

945 Horton, B..3/5/00 945 Nelson, L..3/00 942 Speakman..1/13/99 941 Judge, J..4/14/00 940 Dyer, P..11/18/99 931 Snyder, S..10/30/99 931 Osgood, D..4/1/00 931 Holzbauer, D..5/6/00 931 Stein..5/26/00 925 Ricchio, K..3/25/00

PL USA Top 100 Achievement Awards



Powerlifting USA TOP 100 Achieve ment Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Power-lifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7 1/4% tax).

NEXT MONTH... TOP 148s

Corrections... In the results of the IPA Sr. Nationals on November 20, 1999, David Moore was listed as a competitor in the submaster division, however, he had actually turned 40 prior to the meet, and while he noted this to the meet promoters, it was not reflected in the results published in PL USA, nor was it noted in the TOP 20 Masters rankings for 1999 in the 242 lb. class. Art Labare's best lifts of 804 584 760 2132 were not reflected on the TOP 100 ranking for the 275 lb. class. Joel Toranzo's bench press of 680 at the IPA York Barbell meet of 6/26/99 was not listed on the TOP 100 for the 275 lb. class. Ken "Jackman" Gleason was not credited for his 575 lb. bench press in the results of the USPF New Hampshire State Open Bench Press Championships, and that amount was not indicated on the TOP 100 for the 275 lb. class as well. Gary Landess was not credited with a 365 lb. deadlift in the 132 lb. class as well as a total of 750 for the Masters TOP 20 rankings of 1999 We apologize for any mistakes and and we encourage you to please send any corrections that you find to "PLUSA ERRORS" Department, Post Office Box 467, Camarillo, California 93011. (Sometimes, it takes a while to verify the correction before it is actually published)

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